



APG NEWS

Published in the interest of the people of Aberdeen Proving Ground, Maryland

www.TeamAPG.com

THURSDAY, AUGUST 20, 2015

Vol. 59, No. 33

Exercise to test emergency response plans

Directorate of Plans, Training, Mobilization and Security

Protection remains a top priority for the Aberdeen Proving Ground community. Team APG relies on sustained vigilance and reporting to ensure a safe and secure installation.

As part of this vigilance, Team APG will participate in an installation-wide exercise today, Aug. 20, to evaluate the effectiveness of the installation's first responders, workforce and emergency management procedures.

The large-scale exercise will last several hours and impact the daily operations of all individuals on post.

All residents, employees and visitors should be prepared to observe, receive and listen to mass warning notifications which will be sent out with an "EXERCISE-EXERCISE" preface caveat. The AtHoc system as well as the Giant Voice outdoor speaker system will release and broadcast exercise messages.

When the exercise begins, all person-

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Soldiers run to qualify for the Team APG Ten Miler team.

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APG firefighters Curtis Diering, left, and Michael Funk, right, look on as firefighter J.R. Lyons Jr. helps a special needs youth handle a hose during an open house for children and youth from the P&J Life Skills' Camp Empower program at the Directorate of Emergency Services building, Aug. 13.

DES hosts special needs camp

Story and photos by YVONNE JOHNSON
APG News

Directorate of Emergency Services police officers and firefighters set aside time to educate and entertain local special needs children and youth during an open house at Bldg. 2200 Aug. 13.

P&J Life Skills, a local respite care center for special needs children and adults requested the event as part of its Camp Empower summer camp program. DES Capt. Gerald Dove said police officers and firefighters jumped at the opportunity.

"We thought it was a great chance to provide an outreach service to the community," Dove said, adding that the volunteer police officers and firefighters put it together "in just a few days."

According to its website P&J's Life Skills provides life-skills training and social skills development through respite care for families, individual care services, summer camps, activities and community based events. These activities are catered to promote growth for individuals with intellectual, physical and developmental disabilities.

P&J Life Skills co-owners and counselors Jon Williams and Phil Givens led the group of campers.

"We basically fill in the time parents are at work and provide social and life skills development utilizing community involvement," Williams said.

Camp Empower has visited other local emergency responder operations in the area in sync with Emergency Services Week, observed Aug. 10-14, Givens said.

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Hitting the brakes on APG roadways

New commander calls for crackdown on speeding

Story and photo by AMANDA ROMINIECKI
APG News

On the job for less than a month, the new APG Garrison Commander Col. James E. Davis is already calling for a crackdown on speeding and aggressive driving across the installation.

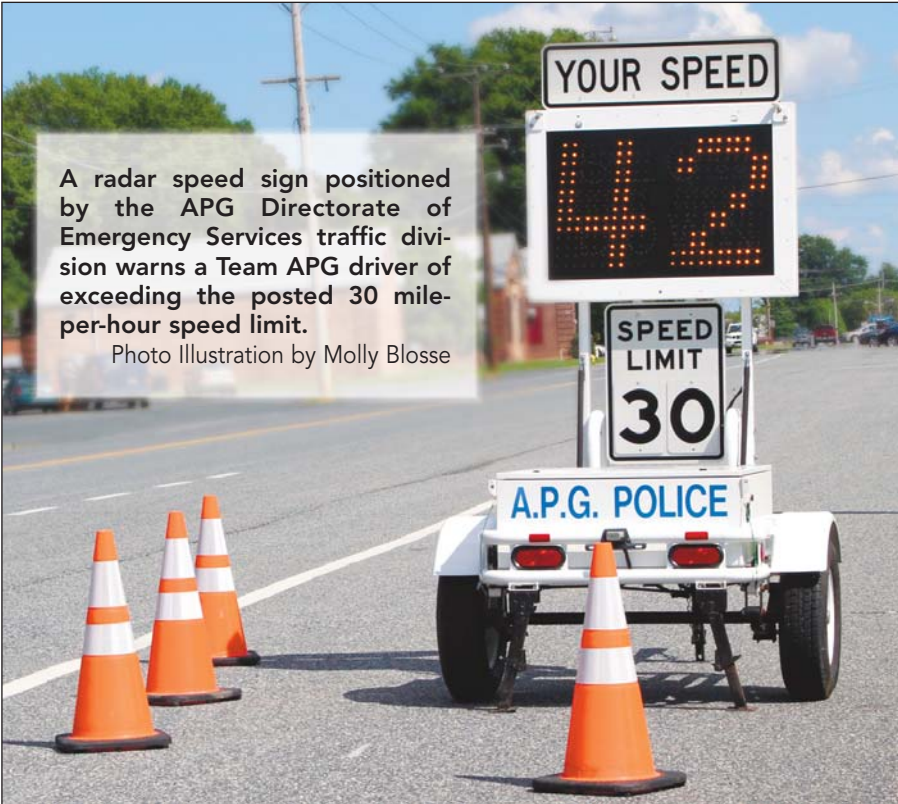
"Any accident is one accident too many – and we've had too many recently," Davis said. "Team APG drivers need to be courteous to one another, as well as bicyclists and pedestrians. Follow the posted speed limits and obey traffic signs; they are there for a reason."

"Anyone caught speeding or driving aggressively can expect to be ticketed."

Davis said the crackdown begins immediately, and the Directorate of Emergency Services will more strictly enforce speed violations and aggressive driving.

Signs and speed radars have been placed at specific locations on post, serving as an initial warning to drivers.

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Giveaway cuts back-to-school expenses

Volunteer Linda Brown, right, helps Brianna McDuffie, center, and her grandmother, Willie A. Wade choose supplies during the School Supply Giveaway at Veterans of Foreign Wars Post 10028 in Aberdeen Aug. 15.

Dozens of area families lowered their back-to-school expenses during the School Supply Giveaway for military children and youth, hosted by the Post 10028 Ladies Auxiliary, led by President Carol Brown.

Brown said many items were donated by the U.S. Army Edgewood Chemical Biological Center and from Operation Homefront.

Volunteers included members of the 20th CBRNE Command Family Readiness Group; the 22nd Chemical Battalion FRG; the Maryland National Guard's 29th Combat Aviation Brigade; and VFW Post 8126 in Havre de Grace.

Photo by Yvonne Johnson

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STREET TALK

August is Performance Triad Month. What is your greatest challenge to staying in shape?

"The hardest part is dieting. I love to eat. I can stay at the gym all day, but maintaining a balanced diet is very difficult."



Mike Fore
ATC

"I'm 54 and as you get older it is more challenging to stay in shape. But I look to the future and I want to be a healthy 80 year old that's hopefully not going to require assistance from my children."



Lisa Jachens
Family member

"Just getting up and getting started. Once I get motivated, I'm good."



Sebastian Dokes
MWR

"Just keeping a steady schedule and making sure I get [to the gym] every single time I have to be there. That would be my greatest challenge...It's like having your teeth cleaned; you just have to do it."



Maureen Martinez
Retired military

"Having enough time to do my program and stay with it on a consistent basis. It's very challenging. By the end of the day you're tired, so you force yourself to do it."



Gwyn Dolzine
MWR

Commander's Corner

Women's Equality Day

On Women's Equality Day, observed Aug. 26, we take pause and celebrate passage of the 19th Amendment to the Constitution, which guaranteed women the right to vote. This important victory in our nation's history moved the United States towards equal civil liberties and justice for all Americans. In 1920, women fought tirelessly to partake in the democratic process and have their voices heard on issues and elections that would affect future generations. Their efforts have shaped our nation, and our Army, as we know it today.

From the onset of the American Revolution in 1775, women have served our force with steadfast support and sacrifice, both at home and abroad. Our female Soldiers now comprise nearly 16 percent of our active force and have served in more than 75 percent of all Army occupations. They continue to prove time and time again, that duty, honor and selfless service know no gender.

It goes without saying that America is what it is because of the many contributions, innovations and tireless efforts of women, in support of this great nation.

As we reflect on this day, we must not forget the many women currently sacrificing their lives, alongside their brothers-in-arms, in hostile environments. It is their courage, both past and present that give us continued hope for a peaceful future.

Trusted Professionals Always, Army Strong!
MAJ. GEN. BRUCET. CRAWFORD
APG Senior Commander



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Vanpoolers needed on APG North

APG Commuter Center
There are several existing vanpools looking for riders as well as individuals looking to start vanpools for the following locations:

APG North (Aberdeen) to:

- ◆ Aberdeen train station shuttle
- ◆ Baltimore County, Maryland near I-70
- ◆ Newark, Delaware
- ◆ Wall Township, New Jersey

Leave Donations

Employees eligible for donations in the Voluntary Leave Transfer Program

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell8.civ@mail.mil

Adair, Jennifer
Alba, Audrey
Boone, Nancy D.
Budzinski, David
Ciborowski, Steven
Clark, Lyra
Dissek, Michael J.
Finegan-Bell, Antoinette
Gaddis, Lonnie
Gilley, Christopher M
Hancock, Kimberly M.

Hazel, Wanda L.
Johnson, Douglas W.
Kent, Nathaniel
Kladitis, Johnathan
Kuciej, Andrea D.
Leonforte, John L.
Lloyd, Wayne F.
McAlpine, Maria
McCauley, Adrienne
Meadowcroft, Catherine
Moore, Deborah A.
Morrow, Patricia D.

Puhalski, Kiyoko
Royston, James A.
Scott, Gerald L
Solomon, Je'Neane
Tezak-Reid, Theresa M.
Urban, Brenda G.
Venable, Jr. Ronald

APG SEVEN DAY FORECAST



APG NEWS

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ATC welcomes new commander

By **LINDSEY MONGER**
and **ANDRICKA THOMAS**
ATEC

The U.S. Army Test and Evaluation Command’s Aberdeen Test Center welcomed its new commander, Col. Morris Bodrick, during a change of command ceremony Aug. 14 at Aberdeen Proving Ground.

ATEC Commanding General Maj. Gen. Daniel L. Karbler presided over the ceremony, which doubled as a retirement ceremony for the ATC outgoing commander, Col. Gordon Graham, whose 33-year career encompassed 27 years of active duty service and seven years serving with the National Guard.

Karbler commended Graham for his leadership style and praised him for the rapport he established with the ATC team, something Karbler said he noticed upon his first encounter with Graham.

“On behalf of everyone you’ve served with in the past 33 years, I just want to tell you thanks for your great service to the nation,” Karbler said. “You are a Soldier for life and will always be part of the ATEC family.”

An ordnance Soldier, Graham assumed command of ATC in 2012, was responsible for leading all ATC program management activities in the region and providing direct support for the drawdown of forces and equipment from Iraq as part of ending Operation New Dawn.

Graham’s experience in ordnance, acquisition, chemical/biological defense, missile defense, training and instrumentation and deployments prepared him to lead the ATC team over the past three years.

However, Graham, whose remarks began with a prayer thanking God for his opportunities and blessings in life, said that despite the breadth of experience he brought to the position, he nor Bodrick, were qualified for the position.

“It takes a strong man to be the commander of anything. I am not qualified to be ATC commander, and he’s [Bodrick] not either,” Graham said.

“I think what we’ve come to realize is that the positions we [commanders] are being placed in are above our capabilities. But, if you find a commander who is performing above his capabilities, [know that] where we fall short, God covers the rest,” Graham said.



Photo by Doug McDonough
Incoming Aberdeen Test Center Commander Col. Morris Bodrick, left, accepts the center's colors from Maj. Gen. Daniel L. Karbler, commanding general of the U.S. Army Test and Evaluation Command, during a change of command ceremony at Aberdeen Proving Ground, Aug. 14, as outgoing ATC Commander Col. Gordon Graham looks on.

Graham expressed confidence in Bodrick’s leadership as he summarized many similarities between himself and the incoming commander, from their southern origins, being members of Omega Psi Phi Fraternity Incorporated, earning psychology degrees, setting the example for young people to follow and achieving the rank of colonel that, statistically, few African American officers attain.

“We [Graham and Bodrick] have the same source of strength: God,” Graham said. “I think what you will find is that a commander with this mindset; he’s not only capable of leading, he’s capable of taking this organization to great heights.”

Both Karbler and Graham welcomed Bodrick to the ATEC family as he takes on the role of ATC commander.

“Morris has a great background,” Karbler said. “Morris, welcome. It’s great to have you on board as part of the ATEC family and I’m really looking forward to working with you during your time in command at ATC.”

Col. Morris Bodrick

Bodrick joins the ATC team from his most recent assignment as the Director, Assistant Secretary of the Army for Acquisition, Logistics and Technology—Forward at the Pentagon, with duty in Afghanistan.

Over the last 25 years of military service, Bodrick has served on a variety of acquisition and ordnance assignments and has served at all echelons of leadership, one of which was the deputy director of the Technical Center under the U.S. Army Space Missile Defense Command and Army Forces Strategic Command. A former product manager and test officer, he also spent time as an ordnance instructor at the Ordnance Munitions and Electronics Maintenance School in Alabama, and deployed during Operations Desert Storm and Enduring Freedom.

As the youngest of 11 children, Bodrick said, family is, without a doubt, the center of gravity in his life. He took a heartfelt moment to recognize his late mother and sister for their love and sup-

port over the years.

“I’m all about family. It means a lot to me because it’s what sustains us. She [Bodrick’s mom] was a great woman and I think she did a great job with her family. We love you mama,” Bodrick said.

He also thanked his wife, Mary, for her unwavering support over the course of his career.

As he closed his remarks, Bodrick addressed his new workforce for the first time with the promise to be himself at all times.

“What you’re getting in a commander is who I am every day,” Bodrick said. “When I walk in my house, I don’t have to shift gears. When I walk in my office, I don’t have to morph. I am who I am.”

“To my ATC family, I’m excited about this opportunity to lead you over the next three years and look forward to building on what you have been doing here. You are shaping how we train and how we fight in today’s Army. I’ll leave you with three things...we will test together, we will grow together, we will be successful together,” Bodrick said.

Soldiers sweat out Army Ten-Miler qualifiers

By **YVONNE JOHNSON**
APG News

More than 50 Soldiers and civilians participated in two day qualification runs for a slot on the Team APG Army Ten-Miler team Aug. 12 and 13.

APG Family, Morale, Welfare and Recreation hosted the 10K qualification runs at APG South (Edgewood) Aug. 12 and APG North (Aberdeen) Aug. 13.

The annual race, sponsored by the U.S. Army Military District of Washington, set for Sunday, Oct. 11, draws thousands of participants from across the Army and around the world. It is the second largest ten-mile race in the United States after the Philadelphia Broad Street Run, according to Wikipedia.org.

Byron Reasin, MWR sports program and facility manager, said while the run is open to all Army Soldiers, civilians and family members, only 24 Soldier slots are available on the MWR-sponsored team.

The high scorers with the fastest time become eligible to be selected for the APG Team, Reasin said.

APG South Top Runners

First Male: Sgt. Alan Cobin, 68th Chemical Company

First Female: Capt. Alana Mack, 22nd Chemical Battalion

APG North Top Runners

First Male: Maj. Wayne Blas, Army Test and Evaluation Command

First Female: Spc. Andi Cohoon, 1st Area Medical Laboratory

(Right) Pvt. Austin Penwell, front, with the 20th CBRNE Command, and Capt. Tarik Jones of A Battery, back, 3rd ADA (JLENS), participate in the qualification run for the APG Army Ten-Miler team.

(Far Right) A runner moves on at his own pace on the 10K qualification course for the Army Ten-Miler at APG South (Edgewood) Aug. 12.

Photo by Yvonne Johnson



Photo by Rachel Ponder

(Above) Thirty-nine Soldiers and civilians take off during the Army Ten-Miler qualifying run at APG North (Aberdeen) Aug. 13. The run was open to everyone but only Soldiers were timed.



APG welcomes new suicide prevention manager Coger

By **YVONNE JOHNSON**
APG News

Lamont Coger is the new installation suicide prevention program manager. Coger comes to APG from Fort Meade where he headed the installation program. He formerly served at APG as an alcohol and drug program technician from 2009 to 2012. He returned to APG June 29.

The Baltimore native and Army veteran said he is looking to do good things for APG.

“APG is unique and interesting demographically in that it has a larger civilian population,” Coger said, adding that while Soldiers remain the top priority, the Army program will be further tailored to the population.

“When it comes to suicide prevention, I believe in keeping people informed. You can never be too informed about what’s going on in your home, in your workplace or in your community.”

Coger said that with Suicide Prevention Month coming up in September, members of Team APG can expect fresh materials and articles in the APG News promoting awareness and prevention. He said that while numbers are down, the

philosophy remains that one suicide is one too many. He said he is happy to be at APG and eager to get to work.

“For me, the appeal of suicide prevention is the opportunity to save a life,” he said. “To have the tools, the ability and the opportunity to intervene and correct something wrong in someone’s life is amazing. But it’s not unique. We all have that ability. As a whole, numbers are coming down and that’s due to information, awareness and prevention.”

One way to accomplish that, he said is to share new tools as they develop.

“APG has been great for years and I just want to keep it that way.”

Coger’s office is located in the ASAP Office, Bldg. 2477 at APG North (Aberdeen), across from the chapel parking lot. He said anyone is welcome to walk in or call 410-278-7779 during duty hours.

Veterans Crisis Line

An additional option for active-duty service members, Reserve, National Guard, veterans and family members is the 24-hour Military Crisis Line. Visit <http://www.veteranscrisisline.net/>; call 1-800-273-TALK (8255); or text 838255

for a confidential chat with a crisis counselor. The site supports the deaf and hard of hearing and offers learning tools and numerous other resources.

Other after-hours & overnight crisis services

- Harford County**
 - Harford County Mobile Crisis Team – available 8 a.m. until midnight, Monday thru Friday; 8 a.m. to 4 p.m., Saturday and Sunday; 410-638-5248; email mobilecrisisteam@sheppardpratt.org
 - Upper Chesapeake Medical Center – 500 Upper Chesapeake Drive, Bel Air MD, 21014
 - Harford Memorial Hospital – 501 South Union Avenue, Havre de Grace, MD 21078
- Cecil County**
 - Upper Shore Crisis Resource Helpline & Mobile Crisis Team – Available 24/7 at 1-888-407-8018
- Baltimore County**
 - Baltimore County Crisis Response Hotline – Available 24/7 at 410-931-2214 & Mobile Crisis Team – Available 10 a.m. to 1 a.m., daily
- Baltimore City**

- Baltimore Crisis Response, Inc. Hotline – Available 24/7 at 410-433-5175 & Mobile Crisis Team – Available 7 a.m. to midnight, daily

Suicide Prevention Lifelines

- Maryland**
 - Prince George’s County Crisis Hotline: 301-429-2185
 - Maryland Youth Crisis Hotline: 1-800-422-0009
- Delaware**
 - Northern Delaware Crisis Intervention: 800-652-2929
 - Southern Delaware Crisis Intervention: 800-345-6785
- Pennsylvania**
 - York/Adam County: 717-771-9618
 - Lancaster County: 717-394-2631
 - Chester County: 877-918-2100
 - Delaware County: 855-889-7827
- New Jersey**
 - Monmouth County Mobile Screening: 732-222-3030
 - Monmouth County Crisis Hotline: 732-923-6999
- Virginia**
 - Northern Virginia Crisis Link Hotline: 703-527-4077 or text: 703-940-0888



Summer Camp bicycle club

Grace Mitchell, center, leads a group of APG South (Edgewood) youth center summer campers on a bike ride. Kaleigh Dovorkak, left, Shyann Stolo, back, and Rodney Thomas, right, bring up the rear.

This summer, several youth participated in a bicycle club. Counselors Josh North and Morgan Harter inspected the bicycles and gave safety briefings before the weekly rides. North said the campers appreciated the outdoors and the challenging rides.

“Each week we tried to get a little bit harder,” North said. “We worked up to a three and a half-mile bike ride.”

Photo by Rachel Ponder

Troops sharpen skills during leaders course

By **WALTER T. HAM IV**
20th CBRNE Command

U.S. Soldiers discover enemy troops planting improvised explosive devices on the road to a weapons of mass destruction site.

Muzzle flashes pierce the summer air as artillery rounds whistle into the hillside.

When the smoke clears, two enemy troops are down and a third is taken captive. The U.S. troops check the area for explosive devices and assess the situation. As the Soldiers start to get their bearings, gunfire breaks out again.

Soldiers from the 20th Chemical, Biological, Radiological, Nuclear, Explosives, or CBRNE, Command took the fight to mock enemy forces during an exercise and many other challenging training scenarios at the second iteration of the CBRNE Leaders Course at Gunpowder Range, Maryland, Aug. 3-13.

Command Sgt. Maj. Harold E. Dunn IV, the 20th CBRNE Command senior enlisted leader, said the course molds sergeants through first lieutenants into tactically and technically proficient leaders who can succeed on the modern battlefield.

Headquartered on Aberdeen Proving Ground, the 20th CBRNE Command is home to 85 percent of the active Army's CBRNE capabilities, including two explosive ordnance disposal, or EOD groups, one chemical brigade, a CBRNE analytical and remediation activity and a host of other specialized units.

Soldiers and civilians, from 20th CBRNE Command, train with joint, interagency and allied partners around the globe. The Soldiers at the CBRNE Leaders Course were from the Fort Hood, Texas-based 48th Chemical Brigade; Fort Campbell, Kentucky-based 52nd EOD Group; and Fort Carson, Colorado-based 71st EOD Group.

The CBRNE Leaders Course distinguished honor graduate was Staff Sgt. Ignacio Rosa, from the 52nd EOD Group, the distinguished leader was Staff Sgt. Leandro Leon, from the 71st EOD Group, and the Iron Warrior was Sgt. Devon Hawes, from the 52nd EOD Group

Dunn said the course focused on the fundamentals of leadership and countering chemical, biological, radiological, nuclear and explosive threats.

According to Dunn, the first five days



(Above) A Soldier from the 20th Chemical, Biological, Radiological, Nuclear, Explosives, or CBRNE Command, took the fight to mock enemy forces during the second iteration of the CBRNE Leaders Course at Gunpowder Range, Maryland, Aug. 3-13.

(Left) Command Sgt. Maj. Harold E. Dunn IV, right, the 20th Chemical, Biological, Radiological, Nuclear, Explosives, or CBRNE, Command senior enlisted leader, speaks with Soldiers during the second iteration of the CBRNE Leaders Course at Gunpowder Range, Maryland, Aug. 11.

Courtesy photos

of the course were dedicated to each of the “big five” threat areas.

A U.S. Army training cadre, with decades of combined combat experience, mentored students throughout the course.

In addition to classroom training, the

students completed a series of challenging physical events, including an obstacle course while wearing chemical suits and gas masks.

“The course culminates with a 72-hour continuous non-permissive situational training exercise. While contin-

ually coming in contact with the enemy, the squad-sized elements must successfully execute operations in a CBRNE environment,” Dunn said.

Dunn said that in the future the course will expand to 14 days and include joint and allied troops.

Mark Your Calendar

events&town halls

MONDAY AUG. 24

FORT MEADE INTERVIEW EVENT

Restart, Inc. will partner with Fort Meade Soldier for Life to provide a one-day Interview Event for service men and women who are transitioning as well as veterans who are available for hire no later than Dec. 1, 2015. Participants must be in possession of a secret clearance. This event will be held 9 a.m. to 2 p.m. in the McGill Training Center ballroom, 8425 Zimborski Avenue, at Fort George G. Meade. Attendees will have the opportunity to meet industry-leading employers, discover the different hiring practices and culture of each respective company, network with peers and acquire beneficial tips and techniques to get the most out of their job search. Open positions include but are not limited to, engineers, analysts, network security architects, database administrators, security officers, construction supervisors, accounts payable specialists, graphic designers, sales representatives, service technicians, software engineers, inside/outside sales managers, and much more.

For more information, or to register, go to <http://www.restartevents.com/fort-meade-august-24th>.

TUESDAY SEPT. 1

2ND GARRISON PROFESSIONAL DEVELOPMENT TRAINING SYMPOSIUM

The APG Garrison Directorate of Human Resources will host the 2nd Garrison Professional Development Training Symposium at Top of the Bay from 8 a.m. to 4 p.m.

Open to all garrison employees, the symposium's theme is "Reaching for the Stars: Achieving Career Success" and will topics covered will include: Navigating SharePoint; Communicate like a Pro at Every Level; Earning College Credit for Prior Learning; Developing Yourself for Success; How to Stand Out; and Get Ahead and Get Noticed.

Registration is required, and now open through Aug. 25. To register, visit <https://www.apg.army.mil/CAC/PDS>.

For more information, contact Jill Brodbeck at 410-278-9917; Lisa Waldon at 410-278-4353 or your training coordinator.

TUESDAY – FRIDAY SEPT. 22-25

DAU ACQUISITION ENVIRONMENT COURSE

The Defense Acquisition University (DAU) will host a four-day ACQ 450 – Leading in the Acquisition Environment course 8 a.m. to 5 p.m. each day at the DAU Facility, 6175 Guardian Gateway at Aberdeen Proving Ground.

This action-based learning course provides an overview of the competencies and skills needed to lead in an acquisition environment. Experiential activities include role playing, simulation, communication, and critical-thinking exercises; a leadership challenge; and completion of 360 degree feedback instrument and executive coaching to develop action plans related to the feedback.

Participants will learn to apply strategies for leading up, down, and across in an acquisition organization. Level III certification in at least one acquisition career field and at least three years of Level III experience are required prerequisites for the course. Upon completion ACQ 450 students will earn 31 Continuous Learning Points.

Applicants must submit an application through their registration site prior to Tuesday, Sept. 1.

The URL for each site is listed at <http://www.dau.mil/training/Pages/apply.aspx>.

For more information, contact Ben Metcalfe at 410-272-9471 or email benjamin.metcalfe@dau.mil.

WEDNESDAY- FRIDAY OCT. 14-16

FORGING STAKEHOLDER RELATIONSHIPS

The Defense Acquisition University (DAU) will host a three day ACQ 452 – Forging Stakeholder Relationships course 8 a.m. to 5 p.m. each day at the DAU facility located at 6175 Guardian Gateway, Aberdeen Proving Ground.

This action-based learning course introduces professionals to the methods and skills necessary to identify, assess, and promote the building of stakeholder relationships required for success in the acquisition environment.

Experiential activities will include a pre-course stakeholder assessment as well as simulation, communication, and critical-thinking activities that will facilitate the development of tailored stakeholder action plans. At the end of the course, professionals will be able to build ownership of acquisition outcomes across the enterprise.

Level III certification in at least one acquisition career field is a required prerequisite for the course. Completion of ACQ 450 - Leading in the Acquisition Environment and at least three years of Level III experience are recommended prerequisites. Upon completion, ACQ 452 students will earn 25 Continuous Learning Points.

Applicants must submit an application through their registration site prior to Friday, Oct. 9. The URL for each site is listed at <http://www.dau.mil/training/Pages/apply.aspx>.

For more information, contact Ben Metcalfe 410-272-9471 or email benjamin.metcalfe@dau.mil.

health&resiliency

THURSDAY AUG. 27

IMMUNE SYSTEM/SLEEP AWARENESS INFO SESSION

A Boost Your Immune System/Sleep Awareness Info Session will be held 11:30 a.m. to 12:30 p.m. in the ACC Training room at Bldg. 6001, room 224 on the C4ISR Center of Excellence Campus. This event is open to APG military, civilians and contractors. To register, or for more information, contact Tiffany Grimes, G-1, at 443-861-7901, tiffany.l.grimes.civ@mail.mil.

Garrison employees can sit in on the class via VTC in the garrison conference room, Bldg. 305. Space is limited. For more information, contact Marjorie Sexton at 410-278-0944 or marjorie.a.sexton2.civ@mail.mil.

FRIDAY SEPT. 4

KIRK U.S. ARMY HEALTH CLINIC CLOSURE

Kirk U.S. Army Health Clinic will be closed for a training day from 7:30 a.m. to 4:30 p.m. Friday, Sept. 4.

The clinic will resume normal operations Monday, Sept. 7. For more information, call 410-278-1724.

SEPTEMBER – OCTOBER

LIMITED OPTOMETRY SERVICES

During the month of September and into October, Optometry services at Kirk U.S. Army Health Clinic will be restricted due to limited staff.

Full services will remain available to active duty Soldiers, however full eye exams will likely not be available to family members and retirees.

Active duty appointments will be opened up to family members and retirees only if they are not filled within a reasonable time period. Patients are reminded during this time of limited availability that full eye exams are a covered benefit under TRI-CARE, and can be obtained at any network provider without the need for referral once every calendar year. Referral Services or Tri-care can provide information as to which providers in the community are network providers and can provide this service.

Full services are anticipated to resume in mid-October.

ONGOING

ARMY WELLNESS CENTER AT APG SOUTH CLINIC

The Army Wellness Center is seeing clients at the APG South (Edgewood) clinic, Bldg. E4110. Clients can have metabolism and body composition assessments and other services without having to drive to APG North (Aberdeen). Service members and their family members, retirees and Army civilians can make an appointment through the APG North AWC, or be referred by their unit or primary health care provider at Kirk U.S. Army Health Clinic. Upcoming APG South AWC dates are:

- Aug. 25
- Sept. 10, 22

For more information, or to schedule an appointment call 410-306-1024.

ONGOING

WEAR BLUE: RUN TO REMEMBER HARFORD COUNTY/APG

A Harford County/APG-based Wear Blue: Run to Remember community has been established, with ongoing meets the second Saturday of every month 8:30 a.m. at the Maryland and Pennsylvania Heritage Trail in Fallston.

Wear Blue: Run to Remember communities run, jog and walk in honor of the nation's fallen, fighting and families.

Those interested in participating in the run should meet at the Annie's Playground – Pavilion at 864 Smith Lane, Fallston, Maryland. Pets are allowed, but park rules do not allow retractable leashes.

All ability levels are welcome. Participants are strongly encouraged to wear blue.

- Upcoming dates include:**
- Sept. 12
 - Oct. 10

For more information, contact Robin Bruns at 910-987-6764 or brunsrd@yahoo.com.

THROUGH 2015

2015 CPR, AED CLASS SCHEDULE

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2015. Classes are open to the entire APG community.

Sept. 16 – APG North Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Oct. 21 – APG South Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

Nov. 18 – APG North Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Dec 16 – APG South Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

For more information, contact Mike Slayman at 410-306-0566.

family&children

SUNDAY SEPT. 13

BACK-TO-SCHOOL FAIR

The APG main post chapel and the APG Catholic Community will host the annual Back-to-School Fair for Team APG families at the APG North (Aberdeen) chapel grounds from 1 to 5 p.m. as a way to provide a day of family fun at little to no cost.

Activities include kids' games, pedestal jousting, bingo, a moon bounce, cake walk, and dunk tank. Food will include traditional carnival fare like hotdogs, hamburgers, baked beans, potato salad, popcorn, cotton candy, and snow cones.

No RSVP is required. For more information, contact Catherine Day at 410-278-4333 or bday1234@comcast.net; or Connie Richardson at car0992@comcast.net.

miscellaneous

SATURDAY SEPT. 26

HARFORD HABITAT FOR HUMANITY – WOMEN'S HOME BUILD

Grab your hard hats, tool belts, working boots, and join the women of the APG community as they come together and volunteer with Harford Habitat for Humanity in Support of a Women's Home Build event.

Calling all women, active duty military, retirees, civilians or contractors – The Team APG Federal Women's Program, the Maryland Tri-County Chapter of Federally Employed Women, and the Women in Defense, Mid-Atlantic Chapter, are seeking team members for: A Women's Home Build event set for Saturday, Sept. 26 from 7:30 a.m. to 3:30 p.m.

Harford Habitat for Humanity is building in Bel Air, Aberdeen and Havre de Grace. Location will be determined prior to the September build.

All volunteers (ages 16 and older) must attend a safety class before they can participate. The training is online and is part of the registration process. The online registration at www.habitatsusq.org/volunteer/construction-volunteers consists of three parts: (1) Creating a user account; (2) Signing a waiver of liability; and (3) Safety training.

Once all three steps are complete, users are directed to click on the link to the construction calendar where they can sign up for specific build days. To see the calendar in the future, log onto the website and select "Construction Calendar" from the drop down menu under the Volunteer tab at the top of the screen.

Even if you're undecided at this time, please take the safety classes, in case you decide to participate later. Your service will help a family in need. Plus, you can network and experience team building with women from all over the APG community.

Some materials, like toolbelts, hard hats, work gloves, safety glasses, and hand and power tools will be provided but in limited supply. Volunteers are encouraged to bring their own tools, if possible.

Call one of the following individuals by Aug. 25 for more information: Linda Patrick, 410-436-1023; Tracy Marshall, 410-306-2054; Sheryl Coleman, 410-278-5964; Teresa Rudd, 410-436-5501; Capt. Tamika McKenzie, 410-436-1591; or Diane Siler, 443-243-7344.

THROUGH 2015

MOTORCYCLE SAFETY COURSES

Training schedules have been set for the 2015 Local Hazards Course and Intermediate Driver's Course. Training will be held in Bldg. 4305 Susquehanna Avenue, room 243A. Attendees must register online at AIRS through the www.TeamAPG.com web site at <https://apps.imcom.army.mil/airs/>.

Local Hazards Course:

This is a 30-minute course is for personnel who are new to APG. It is a mandatory course for all APG service members, family members, DOD civilians, and contractors who are licensed motorcycle drivers. Those on temporary duty (TDY) at APG for more than 30 day also are required to take the course. Additional classes will be added as needed.

Course time: 7:30 to 8 a.m. and 8:15 to 8:45 a.m.

Course dates: Sept. 17; Oct. 8; Nov. 12; and Dec. 10.

Intermediate Driver's Course:

This two-and-one-half hour course builds on themes introduced during the Introductory Course 1 taken during basic and advanced individual training. This course is mandatory for service members age 26 and younger and may be used to satisfy the remedial defensive driving course. Additional classes will be added as needed.

Course time: 9 to 11:30 a.m.

Course dates: Sept. 17; Oct. 8; Nov. 12 and Dec. 10

For more information, contact H. Mike Allen at the Installation Safety Office at 410-

306-1081 or horace.m.allen.civ@mail.mil.

THROUGH NOV. 1

ARMY ACCEPTING LAW SCHOOL APPLICATIONS

The Office of The Judge Advocate General is accepting applications for the Funded Legal Education Program (FLEP). Under FLEP, the Army anticipates sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school starting in the Fall 2016 semester and remain on active duty while in school.

FLEP is open to commissioned officers in the ranks of second lieutenant through captain. Applicants should review Army MILPER Message 15-013 and Chapter 14, AR 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility. Applicants must have at least two, but not more than six, years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers should immediately register for the earliest offering of the Law School Admission Test and send requests through command channels, to include the officer's branch manager at the Army Human Resources Command.

Send the original application to the Office of The Judge Advocate General, ATTN: DAJAP-PT (Attn: Yvonne Caron-Room 2B517), 2200 Army Pentagon, Washington, DC 20310, to be received by Nov. 1, 2015.

Applications should be submitted well in advance of the deadline.

For more information, contact the APG Office of the Staff Judge Advocate Bldg. 6001, 3rd floor or call 443-861-5133.

ONGOING

HOT WORK PERMIT

The APG Fire and Emergency Services has a new phone number to request a Hot Work Permit. A permit can be obtained by calling 410-306-0001. When is a Hot Work Permit required?

A Hot Work Permit is required before performing electric and gas welding, cutting or soldering operations requiring an open flame device, and for outdoor cooking with a grill, or similar device.

Please give 24 hours notice prior to the work or event. Leave a message if there is no answer. For more information, call 410-306-0001.

THROUGH 2015

RETIRING SOON? UNCLE SAM WANTS TO THANK YOU!

Are you an APG Soldier or civilian nearing retirement from government service? Consider participating in the monthly Installation Retirement Ceremony.

The APG Garrison hosts the event the last Thursday of each month –except November – and the first Thursday in December, at the Dickson Hall (Ball Conference Center).

All Soldiers and civilians are eligible to participate in the Installation Retirement Ceremony regardless of unit or organization.

This is a program designed to thank retiring personnel for their loyalty and perseverance and for the sacrifices they endured while serving the nation. Retirees are encouraged to participate and to share this day with family members and friends.

For more information, contact Lisa M. Waldon, Garrison Training Operations Officer, at 410-278-4353 or email lisa.m.waldon.civ@mail.mil.

ONGOING

SOUTH DAKOTA VETERANS BONUS

South Dakota is paying a bonus to members of the Armed Forces who were legal residents of the state for no less than six months immediately preceding their period of active duty and who served on active duty during one or more of the following periods:

August 2, 1990 to March 3, 1991 – All active service counts for payment.

March 4, 1991 to December 31, 1992 – Only service in a hostile area qualifying for the Southwest Asia Service Medal counts for payment.

January 1, 1993 to September 10, 2001 – Only service in a hostile area qualifying for any United States campaign or service medal awarded for combat operations against hostile forces counts for payment.

September 11, 2001 to a date to be determined – All active service counts for payment.

Veterans with qualifying service from Aug 2, 1990 to Dec 31, 1992 [Desert Storm] may receive one bonus of up to \$500.00. Veterans with qualifying service after Jan 1, 1993 may receive another bonus of up to \$500.00. Only federal active duty is applicable for bonus purposes. Active Duty for training is not allowed for Bonus purposes.

Applicants living outside of South Dakota may obtain an application by email at john.fette@state.sd.us. Include your branch of the military and dates of service. You may request an application and instructions by writing SD Veterans Bonus, 425 E. Capitol, Pierre, SD 57501-5070 or by calling 605-773-7251.

MORE ONLINE

More events can be seen at www.TeamAPG.com

Soldiers gear up for AMC’s Best Warrior

By **LISA SIMUNACI**
U.S. Army Materiel Command

Ten Soldiers – two of whom are based out of Aberdeen Proving Ground – will compete in the 2015 Army Materiel Command’s Best Warrior Competition. The contest will be at Camp Atterbury, Indiana Aug. 24-28.

This year’s competition, which will name the command’s top Soldier and NCO, includes challenges that will test each individual’s physical and mental toughness, said AMC Command Sgt. Maj. James K. Sims. The winners will compete at the Department of Army level competition in October at Fort A.P. Hill, Virginia.

With a recent announcement of by Sgt. Maj. of the Army Daniel Dailey that the Army’s competition will be revamped to better assess Soldier’s grasp of Army standards, Sims said AMC will follow suit.

“Today’s battlefields are full of stressors and unknown circumstances,” Sims said. “Our best Soldiers are those who can make good decisions and employ their training while under pressure.”

AMC has also moved the location of its competition from Rock Island Arsenal, Illinois to Camp Atterbury, Indiana.

Sims said the new location, renowned for its realistic and contemporary training environment, will challenge competitors and prepare this year’s winners for competing at the Department of the Army level.

“We aim to improve this competition every year,” Sims said. “With a new location and new scenarios, this will be our most challenging contest to date.”

Meet this year’s competitors:

U.S. Army Research, Development and Engineering Command

Staff Sgt. David W. Carter is the only returning competitor having represented his command in last year’s competition. Carter is a military intelligence system repairer assigned to RDECOM’s Communications-Electronics Research Development and Engineering Center at Aberdeen Proving Ground, Maryland.

Carter is from Gustine, California and has eight years of service. He has deployed to Iraq and Kuwait and is Combatives Level 1 certified. His interests include water sports, team sports and the outdoors. His goals include earning a master’s degree in Electronics Engineering and achieving the rank of command sergeant major.

Army Materiel Command Headquarters

SpC. Adam Walton is a percussionist assigned to the 389th Army Band at Redstone Arsenal, Alabama.

Walton is a native of Champaign, Illinois and has been in the Army for two years. He served in Korea before he was stationed at Redstone Arsenal. Walton’s interests include music performance, visual arts, Brazilian Jiu Jitsu, history and philosophy. He would like to complete his doctorate and become a band first sergeant.

Military Surface Deployment and Distribution Command

SpC. Austi-Ana Lamb is a transportation management coordinator assigned to



Staff Sgt. David Carter, assigned to the Communications-Electronics Research, Development and Engineering Center at APG, was named RDECOM’s NCO of the Year and will compete at the AMC Best Warrior Competition for the second consecutive year.

U.S. Army photo



SpC. Austi-Ana Lamb, navigating an obstacle course, was named Soldier of the Year for the Military Surface Deployment and Distribution Command.

Photo by Loran Doane

the 690th Rapid Port Opening Element at Fort Eustis, Virginia.

Lamb is a native of Upland, California and has three years of service. Her interests include reading, singing and volunteering and her goal is to become a mobility warrant officer.

Staff Sgt. Armond Evansscott is a marine cargo specialist assigned to the 841st Transportation Battalion at the Naval Weapons Station in Charleston, South Carolina.

Evansscott is a native of Beaufort, South Carolina and he has more than seven years of service. Evansscott has deployed to Iraq and Afghanistan. His interests include music, basketball, graphic design and fitness. His goal is to become a command sergeant major.

Army Contracting Command

Sgt. 1st Class Enes Memic is a contracting specialist assigned to the Mission-Installation Contracting Command at Fort Polk, Louisiana.

Memic is a native of New York City and has nine years of Army service. Memic is airborne qualified with interests in shooting, fitness, and triathlons. His goals include earning his master’s degree and the rank of command sergeant major.

U.S. Army Security Assistance Command

Sgt. 1st Class Jermaine L. Ferguson is a human resource specialist assigned to Headquarters Company of the U.S. Army Security Assistance Training Management Organization at Fort Bragg, North Carolina.

Ferguson is a native of the U.S. Virgin Islands and has more than 16 years of service. He deployed to Iraq and Afghanistan. Ferguson is airborne and battle staff NCO qualified. He is interested in sports and goal is to become a command sergeant major.

Communications-Electronics Command

Sgt. 1st Class Nicole Tamangided is a telecommunications operations chief assigned to the Communications Electronics Command at Aberdeen Proving Ground, Maryland.

Tamangided is a native of the Northern Marianas Island and has more than 12 years of service. Her interests include reading, hiking and obstacle mud runs. Her goals are to retire at the rank of command sergeant major and serve the Northern Mariana Island as a congressional representative.

Tank Automotive & Armaments Command Life Cycle Management Command

Sgt. 1st Class Jermaine Holland is

a maintenance supervisor assigned to TACOM LCMC in Warren Michigan.

Holland is a native of Baltimore, Maryland as has 16 years of service. He deployed to Iraq and Afghanistan. His interests include sports, weight lifting, fishing and sports shooting. His goal is to become a command sergeant major.

Army Sustainment Command

SpC. Jack J. Hopper is a human resource specialist assigned to Headquarters and Headquarters Company, Army Sustainment Command at Rock Island Arsenal, Illinois.

Hopper is a native of Melbourne Florida and has seven years of service. He deployed to Iraq and is air assault and Combatives Level 1 certified. His interests include fishing and being outdoors, and his goal is to become an aviation warrant officer.

Sgt. 1st Class Curtis Benjamin is a maintenance supervisor assigned to Headquarters and Headquarters Company Army Sustainment Command at Rock Island Arsenal, Illinois.

Benjamin is from the Virgin Islands and has 18 years of service. He deployed to Iraq and Afghanistan and is SHARP, Equal Opportunity Leader and Master Fitness qualified. His interests include physical fitness and his goal is to become a command sergeant major.



Julie Shick, FCA math instructor & tutor coordinator

By **RACHEL PONDER**
APG News

Julie Shick is the math instructor and tutor coordinator for the Maryland National Guard Military Youth Corps Freestate ChalNge Academy, or FCA.

FCA gives at risk youth and high school dropouts ages 16 to 18, a second chance to obtain a high school diploma or GED certificate. The 22-week, residential program features a structured,

disciplined military-style environment. More than 130 cadets are enrolled in cycle #45.

Shick said the FCA math curriculum ranges from basic math to Algebra II and geometry. She added that she encourages cadets to stay positive and take responsibility for their education.

“What I like most about my job is seeing the light bulb go off,” she said. “Most of the cadets have had a negative experi-

ence with school, especially with math. I love when they get it. I try to encourage positive reinforcement. This program builds academic self-esteem.”

Shick said she prepares cadets for the GED test. Cadets are also challenged to raise their Tests of Adult Basic Education, or TABE, scores. They are tested at the beginning of the cycle and at the end, and they must increase their TABE scores to graduate from FCA.

Shick has a bachelor’s degree in special education from Edinboro University of Pennsylvania and has been teaching at FCA for two years. She said her goal is to keep cadets engaged in learning.

“I try to incorporate different levels of math into the classroom,” she said. “At the end of the class I throw in math teasers so the cadets that are working at a higher grade level feel challenged.”

Shick said cadets also participate in clubs and other extra-curricular activities and that she plans to lead an optional

STEM (science, technology, engineering and mathematics) club called Radius, which will focus on building STEM skills and highlighting related career fields.

“In every high school you have to keep the lessons interesting, you have to get creative,” she said.

In addition to creating lesson plans and teaching classes, Shick also facilitates Tuesday night tutoring sessions. During these sessions, volunteers help cadets with homework and GED preparation. She said volunteers are currently needed for tutoring nights.

Shick, a military spouse, said she is grateful for her teaching position at FCA and added that military spouses face added challenges to their careers due to multiple moves.

For more information about FCA, or volunteering on tutoring nights, visit <http://freestatemil.maryland.gov/> or call 410-436-3331.

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.

Provided by the INTEL DIV/DPTMS

Say Something

INSTALLATION WATCH CARD

DO OBSERVE & REPORT

- Suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around APG.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around installation.
- Any possible compromise of sensitive information.

INSTALLATION WATCH CARD

DON'T

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose information about R&D and testing.

Report suspicious activity immediately to APG Police!

APG (North & South): 410.306.2222
Off Post in Maryland call 1-800-492-TIPS or 911

Card created by APG Intel



***ATEC joint
test element
director
retires***

Col. Darrell R. Gregg, center, Joint Test Element director at the U.S. Army Test and Evaluation Command, stands with his wife, Tina Gregg, right, during his retirement ceremony at the ATEC headquarters on APG North (Aberdeen) Aug. 10, as Maj. Gen. Daniel Karbler, commanding general of ATEC, pins the Army lapel pin to his uniform.

Photo by Courtney Gilbert

PHC staff ride explores Civil War history, spiritual resiliency

Story and photos by
MONICA BULLOCK
U.S. Army Public Health Command

Members of the U.S. Army Public Health Command took part in a spiritual resiliency staff ride to the National Museum of Civil War Medicine and the Monocacy Battlefield in Frederick, Maryland, July 10.

Organized by Lt. Col. David Bowerman, U.S. Army Public Health Command chaplain, the ride centered on the theme of “Moral Injury and Spiritual Resiliency.”

Bowerman said he was compelled to organize the trip after he found the book “This Republic of Suffering: Death and the American Civil War” by Drew Gilpin Faust and a PBS film called “American Experience: Death and the Civil War” to be very shocking and sobering explanations that delved deeper into the costs of the American Civil War both physically and spiritually.

He wanted USAPHC staff and Soldiers to see such hardships for themselves and apply spiritual resiliency to their own lives.

On the subject of spiritual health, the Army says that “spirituality is often defined as a sense of connection that gives meaning and purpose to a person’s life. Spirituality is unique to each individual, and refers to the deepest part of you.”

To elaborate on this subject, Bowerman gave a 30-minute presentation during the bus ride to Frederick on what life was like in Civil War times for the common Soldier and how the deeds they had to commit sometimes made them feel religiously or spiritually compromised. These “moral injuries” were just as detrimental as physical wounds and needed prompt attention.

“Spiritual health is so important because it’s what keeps us going, just like we need food and sleep,” Bowerman said. “Regardless of people’s different faiths and religions, what everyone has in common is the need to be sustained morally and spiritually.”

Spc. Cherith Ostini attended the staff ride and said that even if one does not have a religion, his or her morals affect the way they see the world and how they function.

“In the Civil War when they were fighting each other, they must have had a fighting crisis of faith inside themselves too,” she added.

The first stop of the trip was at the National Museum of Civil War Medicine, where a tour guide led the group through the museum and told real stories of how medical procedures were done in the Civil War era, expounding on artifacts and displays from surgeons’ per-



(Above) A tour guide for the Monocacy Battlefield explains historical events of the Civil War to members of the U.S. Army Public Health Command during a Spiritual Resiliency Staff Ride, July 10.

(Right) A replica of a Civil War canon stands in the distance on the Monocacy Battlefield in Frederick, Maryland.



sonal diaries and medical kits with bone saws to exhibits of makeshift barn hospitals and authentic tents from the medics’ campsites.

“The displays were impressive and really brought you back in time,” said physician Deanna Harkins, who also attended the staff ride. “It was interesting to see how much the medical field came together in a time with so much death and suffering.”

The second half of the day was spent touring Monocacy Battlefield with another tour guide who relayed significant events that occurred on multiple differ-

ent grounds such as fields, homes and plantations.

“It’s important to learn about our history,” said Ostini, a California native who is now taking advantage of all the historical sites the East Coast has to offer, “because these stories aren’t just stories, they happened in real life.”

All in all, many attendees, including the chaplain himself, expressed how much they enjoyed the staff ride by not only getting out of the office but by learning and walking in the footsteps of Civil War history.


“It’s so great that the Army is putting

more focus on moral injury and spiritual health nowadays,” Harkins said. “It’s significant to me because of my own faith, and it’s important for everyone to know the principles behind coping and healing.”

She was grateful that the staff ride was open for civilians to embark on as well, and that it offered something special for everybody, Soldiers and civilians alike.

Bowerman summed up the idea of spiritual health emphasized on the trip.

“Even though we have events in life that make us question our faith, our spiritual resiliency can carry us through.”



Have a great idea for a story?

Know about any interesting upcoming events?

Wish you saw more of your organization in the paper?

The APG News accepts story ideas and content you think the APG community should know about.

- Story ideas or content must be geared toward the greater APG community and cannot appear to endorse any private company.
- The deadline for content to appear in an upcoming issue of the APG News is the **Thursday PRIOR** to publication. The APG News cannot guarantee submissions received after the Thursday prior to publication will appear in the next issue of the paper.
- Send story ideas or pre-written content to **amanda.r.rominiecki.civ@mail.mil** or call 410-278-7274 for more information.
- Please note, the APG News editor reserves the right to (1) reject any content deemed inappropriate, irrelevant or against regulation, (2) delay the publication of submitted material if it is not timely and (3) edit or shorten content for space and style reasons without altering the meaning of the submission.



ALL THINGS MARYLAND

MD Renaissance Festival

Travel back in time for a day of adventure

By **RACHEL PONDER**
APG News

Travel back in time to the days jousting, tournaments and the reign of King Henry VIII with a visit to the Maryland Renaissance Festival. Also known as “Renn Fest” the annual celebration begins its 39th season Aug. 29 and runs every weekend through Oct. 25.

The festival is set in the fictional Tudor village of “Revel Grove,” a 27-acre village consisting of food and craft vendors, pubs, ten major stages and a jousting arena.

According to the Maryland Renaissance Festival website at www.rennfest.com, the festival features more than 200 professional performers who provide continuous entertainment on the festival’s many stages and the streets are filled with roaming minstrels, mines, magicians and jugglers.

Returning favorites include “Shakespeare’s Skum,” which features rowdy renditions of the Bard’s most popular plays in twenty minutes, “The Sword Swallower Extraordinaire,” Johnny Fox, who has been amazing audiences for 35 seasons, and “A Fool Named ‘O,’” who has entertained visitors for over 20 years with family-friendly physical antics and comedy. Several new acts include “Acrobatix” a contortionist and juggler duo that performs thrilling over-the-top feats of strength, agility and absurdity.

In addition to top notch entertainment, the Maryland Renaissance Festival features more than 130 artisan and merchant shops where demonstrating craftsmen fill the shops and studios. Handmade items include metal work, clothing, wood sculpture, jewelry, furniture, clothing, footwear, ceramics, stained glass, headwear and blown glass.

Another highlight is the food sold throughout “Revel Grove.” Renaissance-themed specialties include smoked turkey legs, meat pies and steak-on-a stake. There are also plenty of sweet treats like hot apple dumplings, croissant sundaes and cheesecake on a stick.

The festival is family friendly, and youngsters can join Maudie and Mother Goose in an old-fashioned sing-along, or watch a short theatrical piece called “The Elephant’s Child” at the Gatehouse Stage in the children’s play area.

The Maryland Renaissance Festival is located at 1821 Crownsville Road, Annapolis. The festival is open rain or shine on weekends (Saturday and Sunday and including Labor Day Monday), from Aug. 29 to Oct. 25. Festival hours are 10 a.m. to 7 p.m.

Tickets are \$19 for adults, ages 16 to 61; \$16 for seniors, ages 62 and older; and \$8 for children ages 7 to 15, from Aug. 29 to Sept. 13. From Sept. 19 to Oct. 25, tickets are \$24 for adults; \$20 for seniors and \$10 for children. Children 6 and under receive free admission. Parking is free.

The festival’s six themed weekends include Children’s Weekend, Aug. 29 and 30, when children ages 7 to 15 are admitted free with the purchase of an adult ticket, and the ever popular Pirates Weekend, Sept. 19 and 20. For more information, including a map and detailed entertainment schedule, visit www.rennfest.com or call 1-800-296-7304.

(Right) Gabriel Q, a puppeteer, costume and puppet builder and a variety performer, jeers festival goers while dressed as a baby. He has performed for 25 years at major renaissance festivals across the country. (Below) Grant Murray, performing as Ichabod Wainwright, runs, jumps and flips atop a wooden “wheel of death,” a three-story-tall rotating contraption built to defy gravity and equilibrium.

Photos by Molly Blossie



(Above, left) Barely Balanced performers Margret Ebert, top, Cameron Tomele, middle, and James Freer, bottom, present a show filled with contortion, feats of strength, high energy acrobatics, comedy, and audience participation at the Maryland Renaissance Festival in 2014. They have performed all over the country and will return to Maryland’s “Renn Fest” this year. (Above, right) With sword swallowing, magic and a quick wit, the legendary Johnny Fox thrills audience members at the Maryland Renaissance Festival.



Photos by Molly Blossie



BY THE NUMB#RS

National Senior Citizen Day

National Senior Citizen Day, Aug. 21, recognizes the contributions senior citizens make in communities across the United States.

98+ million

Projected population of people aged 65 and older living in the U.S. in 2060. By that year, seniors will comprise nearly one in four U.S. residents.

9+ million

Estimated number of people 65 and older who were veterans of the U.S. armed forces in 2013.

95

Age at which Nola Ochs graduated Fort Hays State University in 2007 with a general studies degree. According to Guinness World Records, Ochs is the oldest person to ever receive a college diploma.

72

Percentage of U.S. citizens 65 and older who reported casting a ballot in the 2012 presidential election.

50

Years that have passed since Congress passed the Older Americans Act (OAA) in 1965, the first federal level initiative aimed at providing comprehensive services for older adults.

30

Years Maryland Sen. Barbara Mikulski will have served in the U.S. Senate by her retirement in 2016. Mikulski, 78, is the longest-serving female senator in U.S. history.

By **STACY SMITH** APG News

Source(s): Sources: www.census.gov, www.nbcnews.com, www.aoa.gov

By **RACHEL PONDER**
and **STACY SMITH**

APG News

Forget your lunch at home? In desperate need of something salty or sweet? Need an excuse to get out of the office for a few minutes? Check out all the eateries and grab-and-go food options APG has to offer!

COMMISSARY

The commissary at APG is similar to many off-post grocery stores, providing packaged, frozen, and fresh food items in a family-friendly environment. The store's bakery and deli also offer fresh to order and pre-made items, including subs, salads and rotisserie chickens.

Manager Tammy Spickler said the commissary tries to accommodate the needs of all its clientele by offering additional services such as self-checkout, electronic scooters, and assisted shopping. The store also has an "Early Bird" special on weekday mornings; customers purchasing 20 items or fewer can enter the commissary one hour early.

Spickler recommends shoppers sign up for a commissary rewards card, which allows them to redeem coupons electronically at checkout. Customers can pick up a rewards card at the commissary, register it online, load coupons onto their account, and scan the card at the commissary checkout to use the coupons.

New offers are posted on the commissary website every two to three weeks, so customers are encouraged to check the website periodically to find the latest deals. The commissary also accepts manufacturer's coupons typically found in the newspaper or online.

Operated by the Defense Commissary Agency, Commissaries are found on military installations throughout the world. Commissary customers – active duty, Guard and Reserve members, military retirees, 100 percent disabled veterans, and their authorized family members – must present their military ID card at check-out.

The commissary is located at Bldg. 3400 on APG North (Aberdeen) and is open Tuesday, 9 a.m. to 7 p.m.; Wednesday-Friday, 10 a.m. to 6 p.m.; Saturday, 9 a.m. to 6 p.m.; and Sunday, 11 a.m. to 6 p.m. For more information, call 410-278-3101.



BURGER KING

The Burger King located on APG North (Aberdeen) is an Army and Air Force Exchange Service (AAFES) restaurant that offers fast food items to on-post customers.

The popular restaurant chain is well-known for its signature product, the 'Whopper,' a flame-grilled quarter-pound hamburger. Like many fast-food chains, however, Burger King has expanded its menu to include chicken and fish sandwiches, salads, fries, various beverages and desserts.

"Basically American-style food," said restaurant manager Jamie Turner.

Burger King also offers a breakfast menu featuring sausage, bacon, ham sandwiches and burritos, croissants, biscuits, muffins and pancake platters. They offer four different kinds of salads during lunch and dinner for customers seeking a healthier option.

According to Turner, the location's busiest hours are between 11:30 a.m. and 2 p.m. He said customers have told him they appreciate the location's friendly service and improved wait times.

"We're improving," he said. "Our speed is getting faster."

Customers who have a Military Star Card can save 10 percent on their order. A portion of these sales helps fund Morale Welfare and Recreation programs and activities. On Wednesdays, the restaurant offers a \$2.00 dollar discount on large salads.

Burger King is located on Aberdeen Boulevard, Bldg. 2330. It is open Monday-Friday, 6 a.m. to 6 p.m. The dining room closes at 5 p.m. but the drive-thru is open until 6 p.m. For more information, call 410-273-7464, or visit www.bk.com.



EXCHANGE

The Exchange is a well-known, go-to location for service members and their families. While many civilians think they can't shop at the Exchange, they are allowed to purchase "single-serve" food items – making it a great place to go when a late afternoon craving hits.

The Exchange sells a variety of snack items and drinks, including cookies, crackers, chips, candy, sodas, bottled water and some energy drinks.

"Chips, soda and beef jerky," said Exchange Manager Debbie Armendariz of the store's most popular food items. "Beef jerky is probably our best-selling food item," she said, adding that the store is a quick and convenient option with "no long lines."

The store often marks down items at the end of every season; shoppers can look for the green 'sale' sign in each aisle, or tables with the 'price cut' sign displayed.

The Exchange, also known as the Army and Air Force Exchange Service (AAFES), is a Department of Defense agency whose mission is to provide Soldiers and Airmen with the services and merchandise they need to make their lives more comfortable.

The APG Exchange operates as a department store, but as an AAFES establishment, some restrictions apply. Civilians may purchase single-serve food items; however, other items the store sells – from clothing, to electronics, to health and beauty supplies – are only available for purchase to Military and family members, retirees, and civilians who live and work on base.

The Exchange is located at 2401 Raritan Rd. and is open Monday-Friday, 10 a.m. to 6 p.m.; Saturday, 10 a.m. to 4:30 p.m.; and Sunday, 10 a.m. to 4 p.m. For more information, call 410-272-6828, ext. 206, or visit www.shopmyexchange.com.

EXPRESS @ APG NORTH

The Express, managed by the Army and Air Force Exchange Service, is a shoppette and gas station open to military members and their families, retirees and civilians. The store offers several fresh, packaged and frozen breakfast, lunch and snack items.

The store sells pre-made deli sandwiches, wraps and burgers as well as breakfast sandwiches and burritos. The aisle closest to the front door, called "Snack Avenue," runs weekly specials and features many popular grab-and-go lunch items like sandwiches, combo meals, breakfast bars and coffee.

The store also offers frozen foods "for people who've had a long day and want to get something that they can just throw in the microwave," said Jeremiah Brewer, Express manager.

Customers can buy snack items ranging from fresh fruits and nuts, to candies, cookies and crackers. Healthier snack items are advertised as part of AAFES' "Be Fit" program to encourage healthy lifestyle choices.

"It's something that we're going with to kind of align with the DOD as far as the health standards for the Airmen and the Soldiers," he said. Express customers can look forward to new, healthier ham and turkey breakfast sandwiches as well as lunch wraps.

"We're also working on getting a bigger [beverage] machine, so we can add PowerAde and an unsweetened tea," Brewer said.

Customers receive a discount when they buy any two fresh fruit items.

"There are days when we go through seven or eight pounds of bananas," Brewer said.

The APG North (Aberdeen) Express is located on Maryland Boulevard, Bldg. 2514. It is open Monday-Friday, 6 a.m. to 8 p.m.; Saturday, 8 a.m. to 8 p.m.; and Sunday, 9 a.m. to 7 p.m. For more information, call 410-272-1681, or visit www.shopmyexchange.com.



EXPRESS @ APG SOUTH

At the APG South (Edgewood) Express, customers – including APG civilians – can purchase consumables such as coffee, sodas, and packaged, frozen and canned foods. The Express also features a Snack Avenue for fast eats on the go. Hot dogs, pre-made sandwiches and salads, and fresh and packaged fruits are the most popular items.

Manager Jannelle Santiago said coffee is the beverage choice for many Express customers, even in the summer. Frequent coffee customers



Photo by Rachel Ponder

Military retiree Luther Johnson decides what toppings he wants on his sandwich at the APG South (Edgewood) Subway inside the Express.

can save by picking up a free Coffee Club Card at the register. After six cups of coffee, customers receive the seventh for free. Customers can also purchase coffee refills at a reduced charge.

"Our Seattle Blend is our best seller," she said. The Express also features monthly promotions and weekly specials on certain items. The "Be Fit" promotional display highlights several food items for health conscious customers.

Santiago said the APG South Express recently added hot boiled peanuts, in original and Cajun flavor, to Snack Avenue. Santiago said boiled peanuts are a Southern delicacy and have been a big seller at the Fort Meade Express.

"We wanted to try something different," she said.

Santiago said that due to Army regulations, the purchase of alcohol, tobacco and gas is restricted to active duty, retirees and family members.

All other items, like snacks, sodas, coffee, canned goods and frozen foods can be purchased at the APG South Express by anyone.

The APG South Express is located in Bldg. E4010, on the corner of Magnolia and Wise roads. Store hours are Monday-Friday 6:30 a.m. to 6 p.m.; and Saturday, 10:30 a.m. to 4:30 p.m. For more information call 410-671-7891 or e-mail Santiago-jan@aafes.com.



FIRST SERGEANT'S

From what began as a concession stand behind the commissary, First Sergeant's is now a full-menu dine-in and carry-out restaurant that serves all-American cuisine with a southern flair.

The restaurant serves sandwiches, hamburgers, fish, pulled pork, barbecue chicken and ribs, as well as several types of sides and desserts. During the chilly fall season, the restaurant also offers three kinds of soup: gumbo, chowder and crab.

"Everything is grilled right here," said retired Sgt. Maj. David Crump, owner of First Sergeant's. "We cook to order. There's nothing sitting in a warmer. People may have to wait just a little, but we ensure that it's fresh."

Customers place their order at the register and wait for their ticket number to be called. Crump said he strives to create a laid-back, relaxed atmosphere for customers while they wait.

"People can sit down and relax and enjoy themselves," Crump said. "We like to make it inviting."

First Sergeant's plays classic 70's music on Mon-



days and Tuesdays and blues music on Wednesdays and Thursdays. The restaurant serves its popular BBQ chicken and ribs on Wednesdays and Thursdays.

"Nothing is cooked with charcoal and we don't use lighter fluid to ignite it [grill]," Crump said. "So you'll never get that chemical taste. It's all wood."

Crump said he receives donations from veterans and military members, including memorabilia and posters that lend the restaurant a nostalgic feeling.

The restaurant sometimes operates 14 or 21 days straight to accommodate military trainings and operations, or opens on the weekends. The restaurant also offers catering.

First Sergeant's is located inside APG North (Aberdeen) recreation center, Bldg. 3326. It is open Monday-Friday, 11 a.m. to 1:30 p.m. For more information, call 443-752-4642, or visit www.firstsergeantsbbq.com.



day, adding that the restaurant sells a lot of Reubens and cheeseburgers as well.

"We press our own cheeseburgers; they're not premade," she said.

G Bistro's three cooks are former APG mess hall employees who have a combined total of more than 70 years of food service experience, Gibbons said.

"We have lots of homemade recipes."

The eatery also offers a sandwich 'club' card; customers who buy six sandwiches receive the seventh sandwich for free. Catering and boxed lunches are also available.

G Bistro and Cafe is located on APG North (Aberdeen) at 6210 Guardian Gateway and is open Monday-Thursday, 10:30 a.m. to 3:00 p.m.; and Friday, 10:30 a.m. to 2 p.m. For more information, call 410-306-6846.



THE LUNCH BOX DELI & TREATS

The Lunch Box Deli and Treats is an eatery and carry-out business that caters to sweet and savory cravings.

Featuring a wide selection of breakfast and lunch items along with dessert treats, customers can pick up a full meal, complete with drink and side or treat item, for about \$10.

Co-owner Teresa Ray said that since its opening at APG in October 2014 the eatery now delivers to the C4ISR campus, and has added several types of pizzas to its menu.

Ray said the most popular menu items are the chicken avocado sandwich and the cranberry chicken salad wrap. All menu items are made daily with fresh ingredients.

"This is all real food," she said. "The chicken breast comes in and has to be cut down and filleted. It's all cooked here and it's all real food, like you're preparing it in your house."

Customers are encouraged to order their meal online by visiting www.lunchboxdeliandtreats.com.

"Their order comes directly to the kitchen and they can pick it up in 30 minutes," Ray said. "It helps a lot because they [customers] don't have to stand here, and it gives us time to prepare it."

A "Grab and Go" option also helps expedite the ordering process. Customers in a hurry can go to the deli refrigerator and pick out a pre-made sandwich that comes with a drink, bag of chips and cupcake. Breakfast and lunch catering is also available.

The Lunch Box Deli and Treats is located on APG North (Aberdeen) in the Exchange, Bldg. 2401 and is open from Monday-Friday, 6:30 a.m. to 3:30 p.m. The bakery is open until 4:30 p.m. For more information, call 410-306-6610, or visit www.lunchboxdeliandtreats.com.



SUBWAY - APG NORTH EXPRESS

Subway offers a variety of items for people on-the-go. In addition to its 6-inch and foot-long sandwiches, the popular chain also offers an all-day breakfast menu that includes healthy items made with egg whites, multi-grain breads and a slew of vegetables.

"If you come in at 6:30 a.m. and want a

meatball sub, we've got meatball subs. If you want breakfast, we've got breakfast," said Jackie Hutto, Subway manager. "A lot of people come in on the way to work and get something that they can throw in the fridge and [eat for] lunch."

Subway customers can order from the menu, build their own sandwich, or a combination thereof, and Hutto said the chain restaurant is flexible with substitutions.

"You get to really make your own sandwich, which is nice," Hutto said.

Subway's bread is freshly baked every day, and all leftover bread from the day before is discarded by 11 a.m. the next morning. Cookies are also all freshly made, along with meatballs, soups and salads.

The restaurant is currently featuring its "Simple \$6 Menu." Customers can order one of six sandwiches that each come with a side option – chips, sliced apples, or two cookies – and a drink for \$6.

"It's a pretty popular menu, because a lot of people want a quick meal real cheap. And some of the simple six sandwiches are also six grams of fat or less," Hutto said.

Hutto also said Subway is in the process of eliminating GMO's from its menu, and has introduced a carved turkey option, which is a thicker cut of meat with fewer preservatives.

Subway is located on APG North (Aberdeen) inside the Express. It is open Monday-Friday, 6:30 a.m. to 7:30 p.m. For more information, call 410-272-4205.



SUBWAY - C4ISR CAMPUS

The Subway located in the C4ISR Campus is a well-trafficked lunch spot because of its proximity to several classrooms and training rooms.

"We do a lot of catering here, a lot of platters and large subs," said Subway district manager Jessica Scalf, adding that the restaurant chain also delivers to other buildings on post.

"Any of the party orders are made fresh on hand that day. So if there's catering that's going out at noon, it's made that morning,

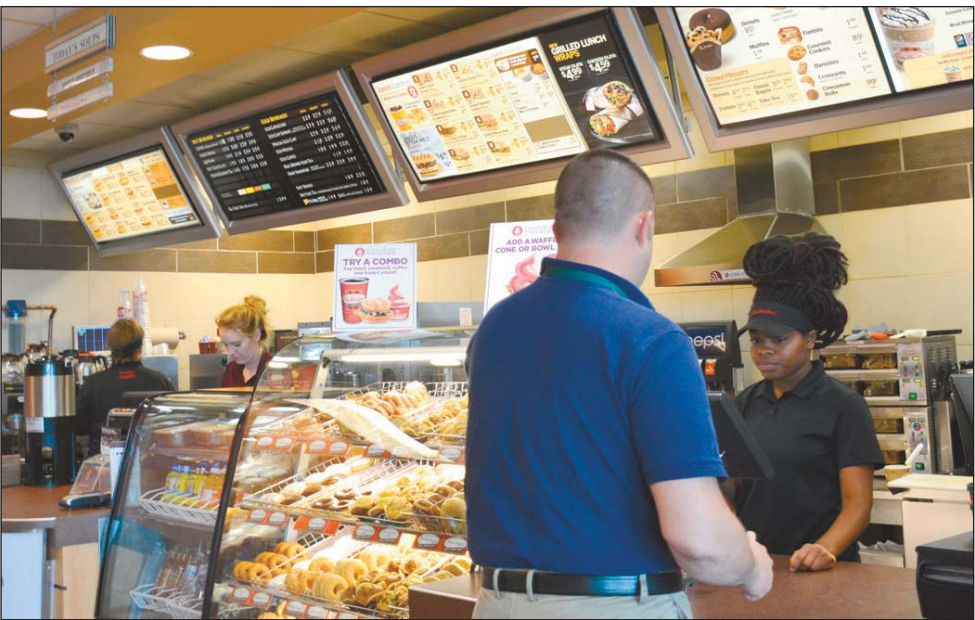


Photo by Rachel Ponder

Tatiyona Stamper rings up a customer order at Tim Hortons, the Canadian coffee and quick-food chain located in Bldg. 6002.

wrapped and stored," Scalf said.

The C4ISR Subway has a large seating area, as well as an ATM and vending machines located nearby. Customers can pre-order their lunch in the morning before 10 a.m. and pick it up in the afternoon, which helps cut down on customer wait time. They can also order using the Subway phone app, or by ordering directly online at www.subway.com.

"It's usually about a 15-minute window pick-up time," Scalf said.

The C4ISR Subway is so popular that there are plans for another location to open at Bldg. 6007 in the fall, making it the fourth Subway on post. Scalf said demand is high for the type of quick, convenient lunches that Subway offers.

"People always want a place to eat, but without losing their parking space," Scalf said.

The chain restaurant is well-known for its 6-inch and foot long sandwiches made with fresh baked bread. The establishment also offers salads, at least two soup options, as well as healthy side options like baked chips and sliced apples.

The C4ISR Subway is located in Bldg. 6008 Jayhawk Road and is open Monday-Thursday, 7 a.m. to 4 p.m.; and Friday, 7 a.m. to 3 p.m. For more information, call 443-327-7427.

SUBWAY - APG SOUTH

Subway on APG South (Edgewood) is a popular destination for those who want to grab a quick bite to eat or have a leisurely lunch with friends in the dining area.

According to manager Ron Smeton, the most popular items for lunch are the turkey, tuna, spicy Italian (made with pepperoni and salami) and the Italian BMT, (made with pepperoni, salami and ham.) Top-selling breakfast sandwiches include the bacon, egg and cheese and the steak, egg and cheese. Lunch or breakfast items can be ordered all day.

Customers can customize their sandwich by adding a variety of vegetables, cheeses and sauces to any sandwich. Subway also features an assortment of bread that is baked daily.

"Our salads have also been picking up," Smeton said. "Any sandwich can be made into a salad."

Smeton said that Subway is committed to offering healthy options to their customers. Currently there are eight sandwiches on the "Fresh Fit Choices" menu that are certified by the American Heart Association.

"Subway is also in the process of testing gluten-free bread and more vegetarian options," he said.

Smeton said that customers can beat the lunch crowds by ordering online at www.subway.com. Smart phone users can download the Subway app to place an order and pay for the meal in advance.

For meetings or parties, Subway has a catering menu that includes sandwich platters, giant subs and cookie trays.

Subway is located in the APG South Express, on Wise and Magnolia Road. Subway is open Monday-Thursday 6:30 a.m. to 5 p.m. and Friday 6:30 a.m. to 3 p.m. For more information call 410-671-9446.



STRIKE FORCE CAFE

The Strike Force Café, located in the APG Bowling Center, offers a full snack bar serving

rooms located near the bowling lanes that are an available venue for hosting celebrations and office functions. More information can be located at www.apgmwr.com.

The Strike Force Café is located in Bldg. 2342. Summer hours are Monday-Thursday, 9 a.m. to 3 p.m.; Friday, 9 a.m. to 10 p.m.; and Saturday 1 to 10 p.m. Fall and winters hours are Monday, 9 a.m. to 3 p.m.; Tuesday-Friday, 9 a.m. to 9 p.m.; Saturday, 1 to 10 p.m. For more information call 410-278-4041.



SUTHERLAND GRILLE

The Sutherland Grille, located at Ruggles Golf Course, offers a variety of fresh salads, sandwiches and daily specials.

Executive Chef Michael Artus-Cooper said the Grille serves fresh items that are all made in-house.

"We are no longer buying any premade products, we are making everything from scratch now," he said. "Everything is cut fresh every morning."

Artus-Cooper, who has been working at Sutherland Grille since May, said his goal is to improve the Grille's menu. Every week he works with local vendors to determine what is fresh and in season.

"Ruggles is really trying to step it up and offer more to the masses," he said.

Artus-Cooper added that cheesesteaks are a top seller.

"We have been told that we have the best cheesesteak in Harford County," he said. "We order a fresh prime rib that has been sliced super thin, and we use fresh bell peppers, onions, everything has been sliced here in the kitchen."

Artus-Cooper added that the paninis made with fresh focaccia bread are also in-demand. Panini sandwiches include the Cuban, Buffalo Chicken and the Turkey Jack, which is made with turkey, pepper jack cheese and a chipo-



The Lunch Box Deli & Treats

Photo by Rachel Ponder

Tony's Diner serves a variety of hot and cold menu items and daily specials. The menu features a variety of hot items like hamburgers, chicken parmesan, Ruben sandwiches, Italian sausage and burritos. In the colder months, pastas and soups are added to the menu.

"Meatloaf, cheesesteaks, roast beef and pit beef sandwiches are our most popular menu items," he said.



Photo by Rachel Ponder

Mark Grade, a Top of the Bay employee, prepares a sandwich for a customer.

tle sauce.

The Grille also offers an all-you-can-eat lunch salad bar. In addition to a variety of lettuce and salad toppings, the salad bar includes homemade potato and pasta salad. On Fridays, the Grille hosts "Fish Fridays;" beer-battered fish and chips is available for lunch for \$8.95.

Catering for golf functions and other small events is available during the season. Call-in orders are also welcome.

Sutherland Grille is located in Bldg. 5600, just outside of the Rt. 715 gate. Lunch is served every day from 11 a.m. to 2 p.m. Breakfast sandwiches are available for purchase in the Pro Shop from 8 to 9 a.m. On the weekends there is an ala carte breakfast menu featuring items like scrambled eggs, French toast, and breakfast sandwiches. For more information visit <http://www.apgmwr.com/food-catering/sutherland-grille> or call 410-278-0534.



TIM HORTONS

Known for its fresh coffee and pastries, Tim Hortons also offers breakfast and lunch selections. On the menu are a variety of breakfast sandwiches, Painis, soups, sandwiches and wraps.

According to assistant manager Mercedes Hibler, the turkey club and the ham and Swiss cheese sandwiches are the top-selling items on

the lunch menu. For breakfast, the sausage, egg and cheese biscuit is the most popular item.

Salads, yogurt parfaits and apples are available in the "grab and go" section at the front of the restaurant.

"Fresh salads that we make every day are very popular here," Hibler said, adding that a choice of meat can be added to the salad for an additional cost.

For those with a sweet tooth, Tim Hortons sells a large assortment of pastries including doughnuts, fritters, muffins, cupcakes, doughnut holes and cookies. A Cold Stone Creamery frozen yogurt bar features several flavors and toppings. In the summer, cold drinks like iced coffee, frozen strawberry lemonade and

smoothies are also big sellers.

For meetings or parties, Tim Hortons offers catering with pastry and sandwiches platters and carafes of coffee, called "Tim's Take."

The APG Tim Hortons restaurant opened in 2011. Traditionally known as a Canadian brand, the location at APG is the only Tim Hortons in Maryland, Hibler said.

Tim Hortons is located in Bldg. 6002. It is open Monday-Friday, 6 a.m. to 5 p.m. Breakfast is served from 6 to 11 a.m. The Tim Hortons food cart sells coffee, water and pastries in Bldg. 6008. It is open Monday-Thursday, 7 a.m. to 1 p.m. and Friday 7 to 11:30 a.m. The food cart accepts cash only. For more information call 443-861-6564.



TONY'S DINER FOOD TRUCKS

Tony's Diner is a mobile food business that provides dependable, daily food service to APG personnel.

Pete Alatzas, who owns the nearly 50-year-old family business with his wife, Polly, said the food served on Tony's Diner trucks is made on-site at a nearby commissary owned by their company, Argos Food Service Inc.

"We have been serving [the APG community] for 15 years," he said. "The food is made from family recipes and is made in-house. We do not serve pre-prepared food."

Alatzas said that Tony's Diner serves a variety of hot and cold menu items and daily specials. The menu features a variety of hot items like hamburgers, chicken parmesan, Ruben sandwiches, Italian sausage and burritos. In the colder months, pastas and soups are added to the menu.

"Meatloaf, cheesesteaks, roast beef and pit beef sandwiches are our most popular menu items," he said.

Alatzas said that customers also like the fresh "grab and go" cold items like tuna and chicken salad wraps and salads.

Tony's Diner also serves breakfast burritos, bowls, sandwiches, cheesy eggs and scalloped potatoes in the morning.

Alatzas operates one of the food trucks at APG, and said he has enjoyed getting to know the customers. He said he has the "best customers in the world."

"Some visit the food truck every day," he said. "I get to know them by name."

The Tony's Diner food truck is parked in front of Bldg. 6006 Monday-Friday, 6:30 to 8 a.m. and 10 a.m. to 1 p.m. During nonpeak hours the food truck rotates to different locations on base. For more information call 410-686-7368 or visit <http://tonysdiner.com/>.



TOP OF THE BAY

The Top of the Bay offers community-wide activities, weekday lunch, and catered events. Lunch features a hot entrée, freshly made soups, salads and sandwiches made to order, for dine-in or grab-and-go.

Manager, Teri Hall stated that hot entrées include a variety of items that are made in-house like chicken cacciatore, baked cod, lasagna, beef tips and chicken Marsala. Sandwich options include homemade tuna and egg salad, turkey, roast beef, ham and BLTs.

Hall added that many people choose Top of the Bay for their catered events because they enjoy the great food, affordable elegance, premier chef, and scenic views of the Chesapeake Bay in an "old Hollywood setting."

Top of the Bay is located at 30 Plumb Point Loop. Lunch is offered Tuesday through Thursday, 11 a.m. to 1:30 p.m. Schedule is subject to change. For more information call 410-278-2552/3062, or visit [www.apgmwr.com/food-catering](http://www.apgmwr.com/food-catering/top-of-the-bay)

MORALE, WELFARE & RECREATION



Upcoming Activities

CHILD & YOUTH SERVICES

PARENT ADVISORY COMMITTEE MEETING WEDNESDAY, AUGUST 26

CYSS has established a Parent Advisory Committee that represents all programs offered by CYSS.

Parents who have a child currently enrolled in a CYSS program are encouraged to attend the quarterly meeting at Bldg. 2503 in the CYSS conference room, #214 from 11:30 a.m. to 12:30 p.m. Any CYSS patron who has a child enrolled full-time in a CYSS program will receive two parent participation points. Attendees are allowed to bring their lunch.

For more information, email myria.i.figueroa.naf@mail.mil or call 410-278-2572.

START SMART SOCCER REGISTRATION THROUGH AUG. 27

Get your child ready for soccer by enrolling them in this parent/child program, and teach the basics to your child through skills stations that will progress each week.

Practice begins Monday, Sept. 14 at the Aberdeen Youth Center. Practice will be held every Monday from 5:30 to 6:30 p.m. at the soccer field located next to the APG North (Aberdeen) shoppette.

Start Smart Soccer is open to children ages 3 to 5 years and costs \$20 per child. Sports physicals are required to participate in all CYSS sports programs.

For more information, call 410-306-2297 or email william.m.kegley3.naf@mail.mil.

CYSS/HOME-SCHOOL PARTNERSHIP

CYSS is currently trying to establish a partnership with authorized CYSS patrons who home-school their children in the Aberdeen and Edgewood areas.

The CYSS facilities are willing to open during specific days and times during the week so that children who are home-schooled can have access to our classrooms, computer lab and gym on a scheduled basis. Sponsors of registered home-schooled children and youth are responsible to provide student instruction and supervision during the entire period of use.

The CYSS facilities will not be available on school holidays, evenings, weekends or federal holidays. All home-school users must be registered with the CYSS Parent Central Office.

For more information, contact Stacie Umbarger, APG school liaison officer at 410-278-2857 or stacie.e.umbarger.naf@mail.mil.

LEISURE & TRAVEL PA RENAISSANCE FAIRE THROUGH OCTOBER 25

Experience the fantasy of a marvelous trip back in time to the days of yore as the castle gates swing wide to usher in the 35th season of the Pennsylvania Renaissance Faire.

Featuring 35 acres of jousting knights

and royal delights, the faire welcomes you with a cast of hundreds of costumed merry-makers, more than 90 shows daily, manicured gardens, scores of artisans demonstrating ancient crafts and 22 royal kitchens -- truly the faire remains a marvelous fantasy of bygone days and knights.

Tickets are \$23.25 for adults and \$10 for children ages 5-11. Registration deadline is July 9.

To purchase tickets, visit Leisure Travel Services at the recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

MARYLAND STATE FAIR AUGUST 28 - SEPTEMBER 7

The Leisure Travel Office is offering tickets to the Maryland State Fair at 2200 York Rd., Lutherville-Timonium, MD 21093.

Tickets are \$7 for adults, \$2.50 for children ages 6-11, \$19 for ride-all-rides passes, and \$11 for food vouchers. Registration deadline is Aug. 17. To purchase tickets, visit Leisure Travel Services at the recreation center, Bldg. 3326.

For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

AMUSEMENT PARK DISCOUNT TICKETS 2015 SEASON

The Leisure Travel Office is offering discount tickets to the following amusement parks on the eastern seaboard.

- Six Flags America (Maryland)
- Six Flags Great Adventure (New Jersey)
- Six Flags Hurricane Harbor (New Jersey)
- Dutch Wonderland (Pennsylvania)
- Hershey Park (Pennsylvania)
- Sesame Place (Pennsylvania)
- Carowinds (North Carolina)
- Busch Gardens (Virginia, Florida)
- Water Country USA (Virginia)
- Kings Dominion (Virginia)

Prices vary and are subject to change without notice. For ticket prices, and more information, visit www.apgmwr.com/recreation-and-sports/ticket-office or call 410-278-4011/410-436-2713.

EQUIPMENT RENTALS ONGOING

The MWR Outdoor Recreation Office offers countless items for rent to make a summer barbecue or party complete, including barbecue grills, bounce houses, canopies, coolers, kayaks, yard games and camping gear. Visit www.apgmwr.com for price list. Call 410-278-4124/5789 for more information.

SPORTS & RECREATION DRIVE AWAY DOMESTIC VIOLENCE GOLF TOURNAMENT SEPT. 23

Ruggles Golf Course will host a "Drive Away Domestic Violence Golf Tourna-

ment" to raise awareness of domestic violence prevention. The tournament will be a 4-person scramble, captain's choice. Registration begins at 11 a.m. Lunch will be from 11:30 a.m. to 1 p.m., followed by a shotgun start. The tournament is open to men and women and costs \$45.

The purple ball challenge winners will be documented on a plaque displayed at Ruggles.

For more information, call the Ruggles Pro Shop at 410-278-4794.

LUNCH AND LEARN TUESDAYS & THURSDAYS THROUGH SEPT. 24

For \$15 a person, participants at the Ruggles Lunch and Learn will receive one hour of group clinic open to golfers of all skill levels. The clinic includes a choice of box lunch: Italian, club, chicken caesar, chicken salad or tuna salad wrap, chips, cookies and a bottle of water.

Lunch and learns are also available as team building events.

For more information, call the golf pro shop at 410-278-4794.

ULTIMATE FRISBEE WEDNESDAYS

Ultimate Frisbee matches will be held at Shore Park on APG North (Aberdeen), Every Wednesday from 5:15 to 7 p.m.

Ultimate Frisbee is a limited-contact team field sport played with a frisbee. Points are scored by passing the disc to a teammate in the opposing end zone. Other rules imply that players must not take steps while holding the disc (but may maintain a pivot) and interceptions and incomplete passes are turnovers.

All levels of players are invited -- begin-

ners are welcome to come out and try a new activity!

FRIDAY NIGHT FISH FRY @ RUGGLES THROUGH OCT. 30

Ruggles will offer a Friday Night Fish Fry and golf special, including nine holes of golf with cart and a beer-battered fish and chips dinner with fries and coleslaw. Cost is \$25 for military personnel, \$30 for all others. The cost of dinner only is \$15.95.

For more information, call Rik Bond at 410-278-4794 or email richard.j.bond10.naf@mail.mil

ARMY COMMUNITY SERVICE

APPLYING FOR FEDERAL EMPLOYMENT SEPT. 22 AND NOV. 9

ACS will host an "Applying for Federal Employment" workshop, exploring the 10 steps to federal employment. Seating is limited to 30 individuals. Participants are encouraged to bring their lunch.

Registration is required. Visit www.mwejobs.maryland.gov; create a user account; go to events calendar on left-hand side; move forward to appropriate date; click on "APG How to Apply for Federal Jobs"; Click register.

Learn more about APG MWR activities and services by going online at **www.apgmwr.com** and download the FMWR Directory.

Eligible MWR patrons

Army Regulation 215-1 "Military Morale, Welfare, and Recreation Programs" outlines individuals eligible to use MWR facilities, programs and services.

These eligible patrons include, among others:

- All active-duty service members & their families
- All Reservists & their families
- All National Guard service members & their families
- Retirees & their families
- Department of Defense civilian employees & their families
- DOD contract personnel

Anyone using an MWR service or facility must show proper identification as proof of eligibility.

While family members of military personnel are automatically issued dependent ID cards, the family members of civilian employees are not automatically issued an Army Civilian ID Card. In order for a Department of the Army civilian dependent to use an MWR facility or service, they must show proof of eligibility.

"Customer service is very important; patrons are required to present valid ID cards in order to meet requirements specified in the Army Regulation that governs Morale, Welfare and Recreation regarding proof of eligibility," said MWR Director Mike Lupacchino.

"The ID card indicates if the patron is eligible and if their eligibility has expired based on the date issued/expiration on the card. FMWR does not automatically receive notification when an employee/contractor is no longer eligible and their ID card becomes invalid."

APG's Memorandum of Instruction 14-55 states that DA civilian dependents may be issued a civilian ID card (DA Form 1602) for use of MWR facilities. The form can be found at <https://www.apg.army.mil/InstallationSupport/CAC>. The DA civilian, or sponsor, then must request a civilian ID for their dependent(s) through their assigned organization.

ARMY NAVY
AMERICA'S GAME
PRESENTED BY USAA

Trip/Tickets
Philadelphia, PA
Dec 12, 2015

Departure: 8 a.m.
APG Recreation Center Parking Lot

Return: 8 p.m.
APG Recreation Center Parking Lot

Kick-Off: 3 p.m.

Trip: \$130 per person
(Includes game ticket and transportation)

Game ticket Only: \$91
All tickets are Upper Level End Zone Navy Side

Registration Deadline:
September 18, 2015

To purchase visit MWR Leisure Travel Services at the AA or EA Recreation Center.

Questions?
410-278-4011/4907 or email us at usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil

Senior Appreciation Day

Ruggles Golf Course
Monday, August 24
8 am - 2 pm
Tee times start at 8 AM.
\$ 40 includes 18 holes of golf with cart.
On course games and prizes,
Lunch after golf and after round beverages.

Boating safety on Maryland waterways

By **YVONNE JOHNSON**
APG News

With more than a month left in boating season, the Maryland Department of Natural Resources is stepping up safety initiatives to increase boating safety awareness. According to the DNR website, 17 people have died on Maryland waters this year. That's five more than in 2014.

The push to increase safety awareness kicked off Friday, Aug. 14 and will continue through the Labor Day weekend. During the push, National Resources Police (NRP) will offer free boating inspections at launch ramps and randomly stop boats and other watercraft to encourage occupants to wear life vests. In Maryland, anyone under age 13 on a vessel up to 21 feet in length must wear a life vest while the vessel is underway.

The goal isn't to issue citations, but to make sure boaters return home safely, said NRP Lt. Col. Ken Ziegler Jr.

For more information, visit the NRP website at <http://dnr2.maryland.gov/NRP>.

NRP Boating Safety Education Program

The mission of the NRP Boating Safety Education Program is to provide the necessary information to operate a vessel safely on Maryland waterways.

Maryland law states that anyone born on or after July 1, 1972, must possess a certificate of boating safety education in order to operate any motorized vessel. This certificate is non-renewable and must be carried by the student at all times while operating a vessel. Officers may or may not ask to see the certificate during a vessel check and, if not provided, you can be charged with a minimum of \$25 for the first offense and up to \$500 for each offense thereafter.

Boating safety courses are offered all across the state. Prices, times and locations may vary. For more information, contact the NRP Safety Education Section at 410-643-8502 or visit the NRP website at <http://dnr2.maryland.gov/NRP/Pages/home.aspx>.

Vessel Safety Checks

Additionally, the U.S. Coast Guard encourages boaters to take advantage of vessel safety checks (VSC). Boaters can schedule checks at their boat at a time of mutual convenience. There is no charge and no consequences if the boat doesn't pass. The goal is to help make boating as safe as possible through education. To schedule a VSC or for more information, visit the USCG safe boating website at www.uscgboating.org.

Boating Safety Courses

According to the USCG, operator errors account for 70 percent of all boating accidents and the only way to lower this statistic is through education.

Many boating safety courses are offered throughout the country, for all types of recreational boaters, and for boaters of all ages. Qualified volunteer organizations, such as the U.S. Coast Guard Auxiliary, U.S. Power Squadron, and others sponsor many courses, and many state boating agencies also provide classes.

Courses cover many aspects of boating safety, from boat handling to reading the weather, and from a "Water 'N Kids" class to courses for boaters who want to learn electronic navigation skills. The most popular basic courses generally have from 6 to 13 lessons to provide a foundation of operational and safety instruction.

Wearing life jackets

The USCG estimates that life jackets could have saved the lives of over 80 percent of boating fatality victims. Because accidents can, and do happen with terrifying speed on the water, and there's rarely time to reach stowed life jackets, the USCG challenges all operators and passengers to wear life jacket all the time while underway.

Did you know:

- Certain life jackets are designed to keep your head above water and help you remain in a position which permits proper breathing.
- To meet U.S. Coast Guard requirements, a boat must have a U.S. Coast Guard approved life jacket for each person aboard. Boats 16 feet and over must have at least one Type IV throwable device as well.
- All states have regulations regarding life jacket wear by children.
- Adult-sized life jackets will not work for children. Special life jackets are available. To work correctly, a life jacket must be worn, fit snugly, and not allow the child's chin or ears to slip



Courtesy photo

through.

- Life jackets should be tested for wear and buoyancy at least once each year. Waterlogged, faded, or leaky jackets should be discarded.
- Life jackets must be properly stowed.
- A life jacket—especially a snug-fitting flotation coat or deck-suit style—can help you survive in cold water.

Child lifejacket requirements

Child lifejacket approvals are based on the child's weight. Check the "User Weight" on the label, or the approval statement that will read something like "Approved for use on recreational boats and uninspected commercial vessels not carrying passengers for hire, by persons weighing __ lbs.". They can be marked "less than 30", "30 to 50", "less than 50", or "50 to 90".

Carbon Monoxide

Boat operators should be aware of this potentially lethal boating danger. Carbon monoxide (CO) can harm and even kill occupants inside or outside of the boat. The primary CO source is fumes from small, gasoline-powered engines.

Why is it so dangerous?

Carbon monoxide (CO) enters the bloodstream through the lungs, and blocks the flow of oxygen to the body. Prolonged exposure to low concentrations or very quick exposure to high concentrations can kill.

Early symptoms of CO poisoning include irritated eyes, headache, nausea, weakness, and dizziness. Symptoms are often confused with seasickness or intoxication, which can delay proper medical attention. Altitude, certain health-related problems, and age can increase the effects of CO. Smokers or those who are exposed to high concentrations of cigarette smoke, consume alcohol, or have lung disorders or heart problems are particularly susceptible to the effects from CO, however, anyone can be affected. Physical exertion accelerates the rate at which the blood absorbs CO.

Did you know:

- CO symptoms are similar to seasickness or alcohol intoxication.
- CO can affect you whether you're underway, moored, or anchored.
- You cannot see, smell, or taste CO.
- CO can make you sick in seconds. In high enough concentrations, even a few breaths can be fatal.

Most important of all, CO poisonings are preventable. Every boater should be aware of the risks associated with carbon monoxide - what it is; where it may accumulate; and the symptoms of CO poisoning. To protect yourself, your passengers, and those around you, learn all you can about CO.

View National Institute of Occupational Safety & Health (NIOSH) engineering reports on

CO and its dangers at: <http://www.cdc.gov/niosh/topics/coboating/#b>; or the Centers for Disease Control NIOSH information page on CO dangers at <http://www.cdc.gov/niosh/topics/co/>.

<http://www.cdc.gov/niosh/topics/coboating/#b>; or the Centers for Disease Control NIOSH information page on CO dangers at <http://www.cdc.gov/niosh/topics/co/>.

Emergency treatment for CO poisoning

CO poisoning or toxicity is a life-threatening emergency that requires immediate action. The following is a list of things that should be done if CO poisoning is suspected. Proceed with caution. The victim may be in an area of high CO concentration, which means you or others could be in danger from exposure to CO.

- Evaluate the situation and ventilate the area if possible.
- Evacuate the area and move affected person(s) to a fresh air environment.
- Observe the victim(s).
 - Administer oxygen, if available.
 - Radio for medical help or call 911. If the victim is not breathing, perform rescue breathing or approved cardiopulmonary resuscitation (CPR), as appropriate, until medical help arrives.
 - Shut off potential sources of CO, if possible. Correct ventilation problems and/or repair exhaust problems as appropriate.

BUI Initiatives

Every boater should understand the risks of boating under the influence (BUI) of alcohol or drugs. It is illegal to operate a boat while under the influence of alcohol or drugs in every state. The Coast Guard also enforces a federal law that prohibits BUI. This law pertains to all boats (from canoes and rowboats to the largest ships) — and includes foreign vessels that operate in U.S. waters, as well as U.S. vessels on the high seas.

Boating under the influence is just as deadly as drinking and driving.

Did you know:

- A boat operator is likely to become impaired faster than a driver, drink for drink.
- The penalties for BUI can include large fines, revocation of operator privileges and serious jail terms.
- The use of alcohol is involved in about one-third of all recreational boating fatalities.

The risk is high and the consequences severe — know the dangers and avoid becoming a victim of BUI.

For more safe boating information on canoeing and kayaking, float planning, accident reporting and propeller safety, visit the U.S. Coast Guard site for recreational boaters at www.uscg-boating.org.

Safe boating checklist

No matter how much experience you have, it's always a good idea to review boating safety rules before departures. Familiarize yourself with these 10 basic boating safety tips:

1. Be Weather-Wise

Always check local weather condi-

tions before departure. Play it safe and get off the water if you notice darkening clouds; volatile or rough, changing winds; or sudden drops in temperature.

2. Follow a Pre-departure checklist

Proper boating safety means being prepared for any possibility on the water. From compliance with fire safety regulations to tips for fueling up, following a pre-departure checklist is the best way to make sure no boating safety rules or precautions have been forgotten.

3. Use common sense

This is one of the most important parts of boating safety. Using common sense means always operating at safe speeds, especially in crowded areas. It means being alert at all times, and steering clear of large vessels and watercraft that can be restricted in their ability to stop or turn to avoid a collision. It also means respecting buoys and other navigational aids, all of which have been placed there for one reason only - to ensure your safety.

4. Designate an assistant skipper

Make sure more than one person on board is familiar with all aspects of your boat's handling, operations, features and safety tips. If the primary navigator is injured or incapacitated in any way, it's important to make sure someone else can follow the proper boating rules to get everyone back to shore.

5. Develop a Float Plan

Whether you choose to inform a family member or the staff at your local marina, always make sure someone else knows where you're going and how long you plan to be gone.

6. Use life jackets

The majority of people who have drowned in boating accidents were not wearing life jackets. Ensure passengers stay safe by assigning and fitting each person onboard with a life jacket prior to departure.

7. Avoid alcohol

Save the alcohol for later. The probability of being involved in a boating accident doubles when alcohol is involved, and studies have shown that the effect of alcohol is exacerbated by external factors such as sun and wind.

8. Learn to Swim

If you're going to be in and around the water, proper boating safety means knowing how to swim. Local organizations such as the American Red Cross offer training for all ages and abilities. Check to see what classes are offered in your area.

9. Take a Boating Course

Beginners as well as experienced boaters should be familiar with boating safety rules. Boater education ensures you are aware and prepared for any circumstances that might arise. Learn boating safety rules with local community courses or online at state and USCG websites.

10. Consider a free Vessel Safety Checks

Take advantage of a free vessel safety check from the U.S. Coast Guard. They offer complimentary boat examinations to verify the presence and condition of certain safety equipment required by state and federal regulations. They'll provide a specialist to check out your boat and make helpful boating safety tips and recommendations.

For more information, visit www.takemefishing.org.



THIS WEEK IN APG HISTORY

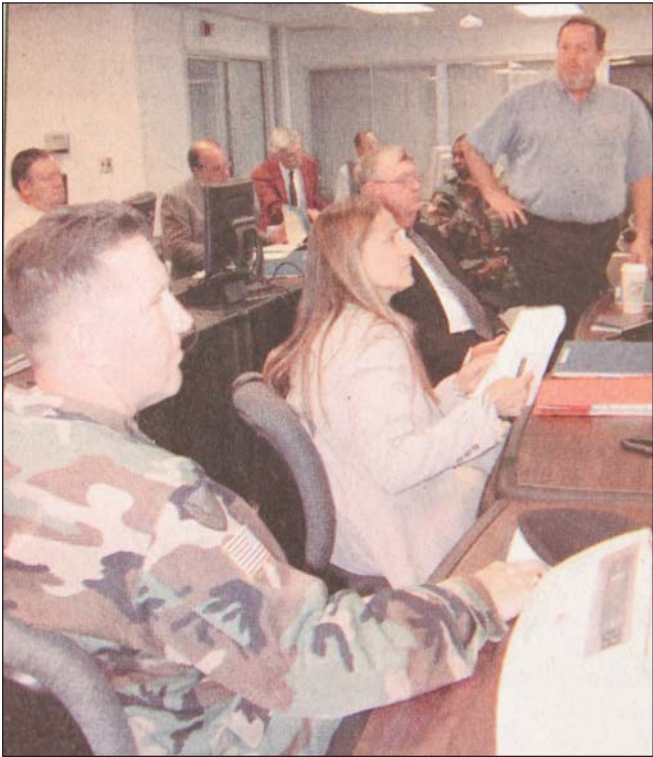


Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1969.

By YVONNE JOHNSON, APG News

2015

10 Years Ago: Aug. 18, 2005



(Left) From front, APG Garrison Commander Col. John T. Wright; Diane Devens, Installation Management Agency Northeast Region director; and Joseph Craten, deputy to the commander, listen to an emergency preparedness briefing from Bob Remus in the Emergency Operations Center.

2010



(Right) Saul Martinez of the 22nd Chemical Battalion chats with three Team Mexico baseball players participating in the Cal Ripken World Series during a meet and greet at the Aberdeen Swim Club.

2000

25 Years Ago: Aug. 15, 1990



(Left) Red Cross volunteer Nina Winchell pins a 10-gallon blood donor pin to Robert Brown of the U.S. Army Combat Systems Test Activity during a blood drive at the post recreation center.



(Right) Pvt. Theron Miller gives a Common Task Training class while acting as a drill sergeant during the Company C 601st Ordnance Battalion AIT Day activities.

1990

1980

50 Years Ago: Aug. 19, 1965



(Left) Mrs. Paul D. George displays the putting form that helped her win the Ruggles Ladies Open Golf Association's blind hole golf tournament.

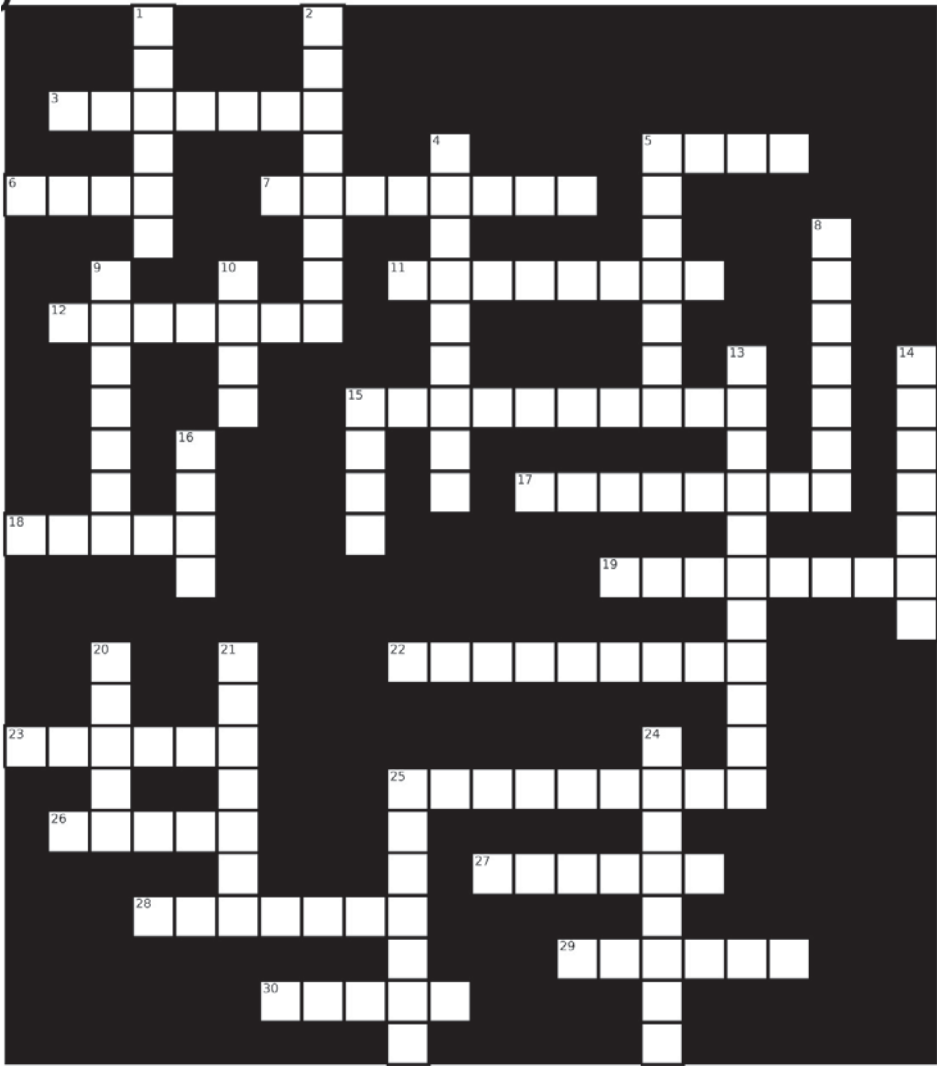


(Above) Officials break ground for the \$3.5 million Aberdeen "fast pulse" nuclear reactor. From left, are John D. Tomlinson, BRL physicist; Dr. Dick Duffey, representing Maryland Governor J. Millard Tawes; Congressman Clarence D. Long; Senator Joseph D. Tydings and Col. Charles D.Y. Ostrom Jr., BRL commander.

1970

1960

1950



The APG Crossword

Flying high!

By **RACHEL PONDER**, *APG News*

National Aviation Week is celebrated during the third week of August. Complete this trivia puzzle to test your flight savvy.

Across

- 3. Experts say 80 percent of these occur the three minutes after take-off and the last eight minutes of a flight before landing.
- 5. Lead singer of the rock band who took their name from an American spy plane that was shot down during the Cold War.
- 6. Cost in dollars for a plane ride in the 1920s.
- 7. Denver International Airport has a 32-foot sculpture of

- a horse named “Blue Mustang.” Locals have nicknamed this sculpture _____.
- 11. John F. Kennedy International Airport was originally named _____ Airport.
- 12. To disembark from an aircraft.
- 15. An air pocket is a colloquial term for a jolt of _____.
- 17. Document used for international travel that certifies the identity and nationality of its holder.
- 18. In 1959, rock and roll musi-

- cians Buddy Holly, Ritchie Valens, and J.P. “The Big Bopper” Richardson perished together in a plane crash; the event was dubbed “The Day the _____ Died.”
- 19. This actor portrayed Howard Hughes in the 2004 movie “The Aviator.”
- 22. On Oct. 11, 1910, he became the first U.S. President to fly in an aircraft.
- 23. Brothers who completed the first sustained flight with a powered, controlled airplane in 1903.
- 25. Clouds formed when water vapor condenses and freezes around small particles (aerosols) that exist in aircraft exhaust.
- 26. The WWI German fighter pilot and flying ace credited with 80 combat victories was known as the Red _____.
- 27. Commercial planes are equipped with flight data recorders which record instructions sent to any electronic systems on the aircraft. Along with the cockpit voice recorder, they are commonly referred to as black boxes though they are _____ in color.
- 28. Actor who starred in the 2006 action thriller “Snakes on a Plane.”
- 29. Heathrow Airport is located in this European city.
- 30. Passengers are instructed to remove this article of clothing while going through airport security.

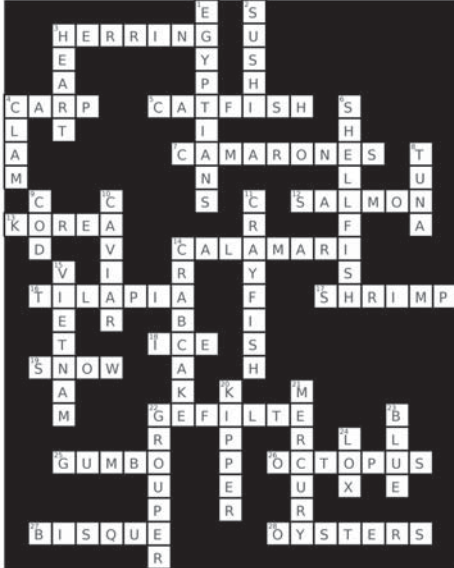
Down

- 1. In Oct. 14, 1947 this American test pilot became the first person to break the sound barrier, the point where a speeding object (such as an airplane) passes the speed of sound.
- 2. Body of an airplane.
- 4. Pilot who completed the first nonstop solo flight across the Atlantic, traveling 3,600 miles from New York to Paris in a Ryan monoplane named the “Spirit of St. Louis.”
- 5. First of these was created in 1783 in France and inflated with

- hot air by burning wood and straw.
- 8. First female aviator to fly solo across the Atlantic Ocean.
- 9. Common snack given to airplane passengers.
- 10. Only mammal in the animal kingdom that can fly.
- 13. The science or practice of travel through the air.
- 14. Part of the wing that helps the airplane turn left or right.
- 15. A study by Popular Mechanics determined that passengers who sit near the _____ of the plane are 40 percent more likely to survive a crash than those up front in the first few rows
- 16. A flight _____ is another term for cockpit.
- 20. Country that invented the kite in the year 1,000 B.C.
- 21. Oscar-winning 1997 movie that featured an a cappella version of the classic aviation song “Come Josephine in My Flying Machine.”
- 24. Washington Dulles International Airport is located in this U.S. state.
- 25. In 1919 Britain and France introduced passenger service across the English _____, flying initially between London and Paris.

Think you solved last week’s puzzle?
Check out the solution below

Solution to the August 13 puzzle



WORD OF THE WEEK

Encumber

Pronounced: en-kuhm-ber

Part of Speech: Verb

Definition

- 1. Restrict or impede (someone or something) in such a way that free action or movement is difficult
- 2. To block up or fill with what is obstructive or superfluous
- 3. To burden or weigh down
- 4. To burden with obligations, debt, etc.

Use:

- Dissenting views may encumber efforts to reach a resolution.
- Unable to think clearly after the separation, she was encumbered by a heavy heart.
- Married immigrants had to find work right away as they arrived in the new world encumbered with families.
- Red tape encumbers all our attempts at action.


By **YVONNE JOHNSON**, *APG News*

Source(s): www.dictionary.com
www.oxforddictionaries.com
www.wordhippo.com

ACRONYM OF THE WEEK

AAAS

American Association for the Advancement of Science



ADVANCING SCIENCE. SERVING SOCIETY

The American Association for the Advancement of Science is an international nonprofit organization dedicated to advancing science for the benefit of all people. It is the world’s largest general scientific society, with more than 126,000 individual and institutional members in 2008, and is the publisher of the well-known scientific journal “Science.” The AAAS was created Sept. 20, 1848 at the Academy of Natural Sciences in Philadelphia, Pennsylvania as a reformation of the Association of American Geologists and Naturalists.


According to its website, the AAAS seeks to fulfill its mission of advancing “science, engineering, and innovation throughout the world.”

AAAS publishes “Science,” the premier global science weekly; “Science Signaling,” the leading journal of cell signaling and regulatory biology; “Science Translational Medicine,” integrating medicine, engineering and science to promote human health; and, “Science Advances,” an open access journal for all the sciences.

Gerald Fink of the Whitehead Institute, MIT, is the chair of the AAAS Board.

By **YVONNE JOHNSON**, *APG News*

Source(s): www.aaas.org; www.wikipedia.org



APG CATCH-A-POACHER PROGRAM

A wide variety of wildlife call Aberdeen Proving Ground home. The APG Conservation Law Enforcement Branch is asking you to be a partner in protecting and preserving the natural resources here on post. If you see or have knowledge of poaching or illegal activity involving wildlife or natural resources, you can use the SUBMIT-A-TIP hotline to anonymously provide information to catch a poacher.

Call the SUBMIT-A-TIP “HOTLINE” at 410-306-4673.

Emergencies or violations in progress should always be reported via 911.

When reporting poaching or illegal activity involving wildlife or natural resources on APG, please take note of the information listed in the form below.

Name/Description/Address of the Poacher
Location/Days/Times & Type of Poaching
Vehicle/Vessel Description or Registration #

You can also cut out this completed SUBMIT-A-TIP form and mail it to: 2200 Aberdeen Blvd. APG, MD 21005

School a pre-req for Soldier promotion

Story and photo by **C. TODD LOPEZ**
Army News Service

Soldiers will no longer be promoted without first having successfully completed related professional military education, or PME, courses, according to recently-signed Army Directive. Soldiers will need to complete their schooling before they are allowed their new stripes.

“By linking structured self-development and the NCO Education System [NCOES] to subsequent promotion, we better prepare NCOs [noncommissioned officers] for the complexities of today’s operational environment while reinforcing the benefits of a deliberate, continuous, sequential and progressive professional development strategy,” wrote Army Secretary John M. McHugh in Army Directive 2015-31, which was released Aug. 13.

Beginning with the January 2016 promotion month, pinning on the sergeant will require that Soldiers have first completed the “Basic Leader Course”, which was formally known as the “Warrior Leader Course.” For Soldiers who want to pin on staff sergeant rank, they must first have completed the Advanced Leader Course.

“Soldiers on the recommended list who are not graduates of the respective course will not be considered fully qualified for promotion pin-on regardless of their accumulated promotion points,” the directive reads. “These Soldiers will remain on the recommended list in a promotable status, but they will not be selected for promotion pin-on until they become fully qualified by completing the required course and a promotion requirement exists.”

Soldiers expecting to pin on sergeant first class as a result of a fiscal year 2016 selection board must first complete the Senior Leader Course before pinning on their new rank.

“Conditions are set so we can enforce a standard for Soldiers to complete professional military education - that is the NCOES platform - before promotion to the grade in which it was designed to support,” said Gerald J. Purcell, personnel policy integrator within the Army G-1.

Purcell said that a Soldier, who is oth-



Soldiers will no longer be promoted without first having successfully completed related professional military education courses, according to recently-signed Army Directive. Soldiers will need to complete their schooling before they are allowed their new stripes.

erwise qualified to be promoted from corporal or specialist to sergeant, will be on the promotion list. But when that Soldier’s name is next to fill an Army promotion requirement, if that Soldier is found to have not completed PME - for a specialist seeking sergeant, this means Basic Leader Course - then the Soldier will be passed up for that promotion.

“There will be a filter in place that takes their name off the list of fully-qualified names,” Purcell said. “They will get skipped. Even if they have more promotion points, they will not be considered fully-qualified to pin the grade of sergeant on.”

The Soldier who is skipped for promotion due to a lack of PME still stays on the promotion list. But once that Soldier gets the PME, he or she doesn’t automatically get stripes. Instead, the Soldier will have to wait for a future requirement.

Since the 1980s, Purcell said, the Army has allowed “conditional pro-

motions,” where Soldiers could get their stripes without having had the corresponding professional military education.

“We had NCOs walking around who weren’t school-trained, with a follow-on requirement they complete the training or they were going to be reduced,” he said. “Today, the leadership believes there is a capability to provide Soldiers an opportunity to go to training, complete the training, and consequently, have all of the fundamental training in place before they are asked to perform at the next higher grade.”

With the new PME requirement, a Soldier’s stripes will not just be an indicator of rank or pay - it will be an indicator that the Soldier has been trained as a leader, Purcell said.

“When you see a Soldier wearing a sergeant rank, you know that Soldier is going to have been trained formally through an education system to prepare him or her and give them tools to

succeed at that grade,” Purcell said. “So the Soldier is going to have all the tools in their kit bag to fully succeed at their grade.”

The new policy also similarly affects National Guard Soldiers where enlisted Soldiers on a promotion list whom have completed their structured self-development requirements will be selected and assigned to higher grade vacancies. Soldiers selected for higher grade vacancies without the NCOES requirement will have 24 months to complete the level of NCOES required for promotion pin-on or will be removed from the position.

Additionally, the directive makes changes to the retention control point for active-duty and Army Reserve Soldiers. According to the regulation, effective October 1, Soldiers selected for promotion to sergeant first class and master sergeant will not get an extended retention control point until they actually pin on their higher rank.

Summer campers explore APG police, fire departments

Continued from Page 1

He added that counselors and volunteers are trained for interactions with special needs children as well as in first aid, CPR and crisis management.

The day at APG’s Directorate of Emergency Services included a K-9 demonstration, a tour of a fire engine and ambulance, and a chance to operate a fire hose. The camp’s children and youth also viewed the Special Reaction Team’s tactical equipment demonstration led by Officer Paul Chin. Marine and Wildlife Officer Ed McCall showed the campers four-wheeler off-road vehi-

cles and a boat used for search and rescue situations.

Dominique Blount, P&J client care director, said the organization was appreciative of DES’s willingness to serve its youth.

“I’ve been doing this less than two years but this is the most rewarding work I’ve done,” she said. “It’s always nice to find others who feel the same.”

Blount is the daughter of Jeffrey Blount, deputy associate director, SEC operations and Catherine Blount, G-8 program analyst, U.S. Army Communications-Electronics Command.



(Left) Lt. Anthony Williams, DES Conservation Law Enforcement Officer shows a Camp Empower youth around a Marine and Wildlife division watercraft. (Right) DES Police Officer Djibril Rabiou watches as a Camp Empower youth is awed by an all-terrain vehicle used for search and rescue during an open house for children and youth from the P&J Life Skills’ Camp Empower program at the Directorate of Emergency Services building Aug. 13.

Photos by Yvonne Johnson

How are we doing? E-mail comments and suggestions for the APG News to the editor at usarmy.apg.imcom.mbx.apg-pao@mail.mil

Speeding on post may result in fines, points

Continued from Page 1

Speeding and aggressive driving – which is considered “a combination of moving traffic offenses so as to endanger other person or property” by the U.S. National Highway Traffic Safety Administration – not only endangers other drivers, but also poses safety risks to bicyclists and pedestrians across the installation.

According to DES Traffic Division Investigator Charles Rykiel, behaviors associated with aggressive driving include “exceeding the posted speed limit, following too closely, erratic or unsafe lane changes, improperly signaling lane changes, and failure to obey traffic control devices like stop signs, yield signs, traffic signals and railroad grade crossing signals.”

Rykiel said because APG follows Maryland traffic law for the majority of traffic infractions, the procedures here on post are much the same as they are off post.

When an individual is pulled over for a moving traffic violation on APG, the officer may issue a U.S. District Court Violation Notice, he said. Depending on the violation, a monetary fine, points on the individual’s license or a “must appear” citation may also be issued.

Rykiel said the officer may also issue an Armed Forces Traffic Ticket (DD Form 1408), but this ticket doesn’t carry a monetary fine. What’s more, a driver’s supervisor may be notified of their traffic infraction.

“Both types of citations may be reported to [the individual’s] command for additional action,” he said. The individual’s command “has the authority to recommend enhanced driver’s training, and in severe cases may even recommend termination of an employee’s privilege to drive on post.”

The monetary fines associated with speeding start at \$80 and can reach more than \$500.

Points system & out of state drivers

The State of Maryland follows a points system for assessing whether a driver’s license should be suspended or revoked. After an individual is convicted of a vehicle-related law violation, points are applied to that individual’s driving record.

According to Rykiel, if a member of Team APG is issued a citation while on the installation, they can still have points assessed to their driver’s license.

Maryland Fines & Penalties associated with speeding and aggressive driving				
Violation	Fine	Points on driver's license	Fine if speeding contributed to an accident	Points if speeding contributed to an accident
1 to 9 mph over speed limit	\$80	1	\$120	3
10 to 19 mph over speed limit	\$90	2	\$130	3
20-29 mph over speed limit	\$160	2	\$200	3
10 to 19 mph over limit of 65 mph	\$160	2		3
20-29 mph over limit of 65 mph	\$290	5		5
30-39 mph over speed limit	\$290	5		5
More than 40 mph over speed limit	\$530	5		5
Reckless driving	\$510	6		6
Negligent driving	\$140	1	\$250	3
Aggressive Driving (3 or more of the following during a continuous period: traffic lights with steady indication; overtaking and passing vehicles; passing on right; driving on laned roadways; following too closely; failure to yield right-of way; or exceeding speed limit	\$370	5		5

Points are considered “current” when received within the same two-year period. The actions a Maryland driver can expect to receive when points accumulate on their license include:

- 3 to 4 points: Driver will receive a warning letter
- 5 to 7 points: Driver must enroll in Driver Improvement Program
- 8 to 11 points: Driver will receive notice of suspension.
- 12 or more points: Driver will receive notice of revocation.

For more information about point accumulation on Maryland driver’s licenses, visit www.mva.maryland.gov.

Many states, including nearby New Jersey, Pennsylvania, Delaware and Virginia utilize a similar points system for traffic violations; the number of points and length of time the infraction remains on an individual’s driving record varies by state.

Driver’s should also note that many states are members of the “Driver License Compact,” meaning a ticket received out of state may be reported to the department

of motor vehicle in the driver’s home state. The ticket will then be processed as if the violation took place in the driver’s home state, and any applicable points will be assessed to the driver’s license.

Safety on the roadways

Further compounding the problem of speeding, texting or operating a mobile phone adds an additional layer of danger on APG roads. Individuals are reminded that operating a mobile phone without the use of a hands-free device is illegal on every Army installation as well as off post in the state of Maryland.

Davis said drivers need to be more observant of pedestrians walking and running near roadways.

“Safety is the responsibility of every member of Team APG. We must all be vigilant. There is simply no excuse for a motor vehicle to injure a Soldier or civilian exercising.”

That roadway vigilance isn’t limited to motorists; bicyclists are required to follow all posted traffic lights and signs, just as if

they were operating a car.

“The safety of APG’s motorists, bicyclists and pedestrians is of the utmost importance and requires us all to follow posted traffic signals and signs,” said APG Garrison Command Sgt. Maj. Jeffrey O. Adams.

“Bicyclists must also follow all traffic signals, signs and devices – just as if they were driving a car – and ride in the same direction of traffic.”

Additionally, Adams noted that Team APG personnel are encouraged to take note of and report individuals – whether drivers or bicyclists – violating traffic laws.

If any individual witnesses a traffic violation – including speeding or aggressive driving – by another driver, the APG Police Department encourages that individual to report it by dialing 911, calling the police desk at 410-306-2222 or going to the police station directly, Bldg. 2200. If possible, record the plate number and state, the color of the vehicle, and the make or type of vehicle, Rykiel said.

Did You Know?

Forty-six years ago, Medal of Honor recipient, Spc. Leonard Alvarado paid the ultimate price to save fellow Soldiers during a mission in Phuoc Long Province, Vietnam.

Alvarado was born in Bakersfield, California Feb. 13, 1947. He enlisted in the Army July 25, 1968 and was trained as a rifleman.

Assigned to Delta Company, 2nd Battalion, 12th Cavalry, 1st Cavalry Division (Airmobile), Alvarado was killed in action after disrupting an enemy raid and saving the lives of several comrades Aug. 12, 1969.

His posthumously-awarded Medal of Honor citation reads:

“Specialist Four Leonard L. Alvarado distinguished himself by acts of gallantry and intrepidity above and beyond the call of duty while serving as a Rifleman with Company D, 2d Battalion, 12th Cavalry, 1st Cavalry Division (Airmobile) during combat operations against an armed enemy in Phuoc Long Province, Republic of Vietnam on August 12, 1969. On that day, as Specialist Four Alvarado and a small reaction force moved through dense jungle en route to a beleaguered friendly platoon, Specialist Four Alvarado detected enemy movement and opened fire.

“Despite his quick reaction, Specialist Four Alvarado and his comrades were soon pinned down by the hostile force that blocked the path to the trapped platoon. Specialist Four Alvarado quickly moved forward through the hostile machinegun fire in order to engage the enemy troops. Suddenly, an enemy grenade exploded nearby, wounding and momentarily stunning him. Retaliating immediately, he killed the grenadier just as another enemy barrage wounded him again. Specialist Four Alvarado crawled forward through the fusillade to pull several comrades back within the hastily-formed perimeter.

“Realizing his element needed to break away from the hostile force, Specialist Four Alvarado began maneuvering forward alone. Though repeatedly thrown to the ground by exploding satchel charges, he continued advancing and firing, silencing several emplacements, including one enemy machinegun position. From his dangerous forward position, he persistently laid suppressive fire on the hostile forces, and after the enemy troops had broken contact, his comrades discovered that he had succumbed to his wounds.

“Specialist Four Alvarado’s extraordinary heroism and selflessness at the cost of his own life, above and beyond the call of duty, are in keeping with the highest traditions of military service and reflect great credit upon himself, his unit and the United States Army.”

Alvarado left behind a wife and young daughter. For his actions he was posthumously awarded the Bronze Star and Purple Heart medals.

His award was upgraded to the MOH as a result of the Defense Authorization Act, which called for a review of Jewish American and Hispanic American veterans from WWII, the Korean War and the Vietnam War to ensure that no prejudice was shown to those deserving the Medal of Honor.

Alvarado’s daughter, Lenora accepted the MOH on his behalf during a White House ceremony March 18, 2014.



Yvonne Johnson, APG News
Source(s) www.history.army.mil/; www.wikipedia.com

Exercise likely to delay entry onto installation

Continued from Page 1

nel should follow their organization’s instructions related to force protection measures and limit vehicle movement across post to essential requirements.

The installation access control points will be closed during the exercise for an undisclosed amount of time, and drivers can expect delays coming onto post.

When the exercise is over, an “end of exercise” message will be released through all mass warning notification systems, including the outdoor speaker system.

The exercise should end no later than 2:30 p.m., based on field actions and exercise flow.

Performance evaluations based on Team APG’s response to the exercise will provide senior leaders with a snapshot assessment of the installation’s emergency plans, training and readiness balanced against current resources and capabilities.

Opportunities to increase personal awareness and safety can be taken through a self-paced Level 1 Antiterrorism Awareness Training class located on Joint Knowledge Online at <https://jko-direct.jten.mil>.


Additional online training can be found on the Team APG website at <https://www.apg.army.mil/Toolbox/ELearning>. Under the Security and Intelligence Subparagraph, a variety of special training is available on such things as Chain Mails, Building Access Control, OPSEC and Reporting Suspicious Activity.

Community awareness and preparation are primary factors which will enable the successful prevention, response, mitigation and recovery to hostile acts. Everyone plays an important role in the safety and security of Team APG.

Remember, the slogan “See Something, Say Something” is a cornerstone reminder for all to remain alert.



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Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit **<http://ice.disa.mil>**.

Click on “ARMY” then “Aberdeen Proving Ground.”

APG SNAPSHOT

Take a peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



Talent Show

YOUTH SHINE LIKE STARS

Children in the APG South (Edgewood) summer camp program participated in a talent show at the APG South recreation center, Aug. 14, honoring Renee Main, the former APG South youth center director and longtime APG Child, Youth and School Services employee who passed away in 2014. The event also featured a slide show of photos from the camp program.

(From top, clockwise) From left, nine-year-olds Breah LeGrand, Amanda Dorsey and Makenzie Cook, perform "Can't Stop Dancing," by Becky G; Talent show hosts Rachel Tomas and Julissa Story-Cruz, both 10, tell jokes in between performances; Madison McKew, 7, sings "The Climb" by Miley Cyrus; Victoria Rambo plays a minuet on the cello; Janaiya Wimberly, 13, sings "Photograph" by Ed Sheeran. Wimberly and Iyana Story-Cruz (not pictured) dedicated this song to Main.

Photos by Rachel Ponder

